Apple Cider-Caramel Cake

From Cooking Light

Cider “syrup” is folded into this cake for a rich caramelized flavor.

2 1/4 cups apple cider, divided
2 1/4 cups granulated sugar, divided
1 tablespoon stick margarine or butter
3 cups sliced peeled cooking apple (such as Braeburn, Rome, or McIntosh)
Cooking spray
2 1/2 tablespoons dry breadcrumbs
1/2 cup stick margarine or butter, softened
1 tablespoon grated lemon rind
1 (8-ounce) block fat-free cream cheese
3 large eggs
6 tablespoons fresh lemon juice, divided
3 cups all-purpose flour
1/2 teaspoon baking soda
1/4 teaspoon salt
1 cup low-fat buttermilk
1 teaspoon vanilla extract
1 tablespoon powdered sugar

Bring 2 cups cider to a boil in a large, heavy saucepan over high heat. Cook until reduced to 1/2 cup (about 20 minutes). Reduce heat to medium-high; stir in 1/2 cup granulated sugar. Cook 5 minutes or until sugar dissolves and cider is thick and dark-colored, stirring occasionally. Remove from heat; cool 1 minute. Stir in 1 tablespoon margarine. Stir in apple; cook 15 minutes over medium-high heat or until the liquid is absorbed, stirring frequently. Remove from heat; cool. (If apple hardens, place it over low heat until softened).

Preheat oven to 325°.

Coat a 12-cup Bundt pan with cooking spray; dust with breadcrumbs.

Combine 1 1/2 cups granulated sugar, 1/2 cup margarine, lemon rind, and cream cheese in a large bowl; beat at medium speed of a mixer until well-blended (about 5 minutes). Add eggs, 1 at a time, beating well after each addition. Beat in 2 tablespoons lemon juice. Lightly spoon flour into dry

Add flour mixture to sugar mixture alternately with buttermilk, beginning and ending with flour mixture. Fold in apple mixture. Pour into prepared pan; bake at 325° for 1 1/2 hours or until a wooden pick inserted in center comes out clean.

Combine 1/4 cup cider, 1/4 cup granulated sugar, 1/4 cup lemon juice, and vanilla; let stand until sugar dissolves, stirring occasionally. Cool cake in pan 5 minutes, and pierce with a wooden skewer in several places. Pour cider mixture over cake in pan, and let stand 10 minutes. Remove from pan, and cool completely on a wire rack. Sift powdered sugar over top of cake.

Yield: 18 servings (serving size: 1 slice)

NUTRITION PER SERVING
CALORIES 286(22% from fat); FAT 7.1g(sat 1.6g,mono 3g,poly 2g); PROTEIN 5.8g; CHOLESTEROL 39mg; CALCIUM 68mg; SODIUM 237mg; FIBER 1.2g; IRON 1.3mg; CARBOHYDRATE 50.1g

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