



Almond-Apricot Kuchen

READY IN



45 min.

SERVINGS



12

CALORIES



217 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon almond extract
- 0.3 cup almonds sliced
- 2 tablespoons almonds sliced
- 1.3 teaspoons double-acting baking powder
- 0.8 teaspoon baking soda
- 0.8 cup brown sugar packed
- 0.7 cup apricots dried coarsely chopped
- 0.3 cup egg substitute
- 2 cups flour all-purpose

- 1 tablespoon granulated sugar
- 1 cup buttermilk low-fat
- 0.3 teaspoon salt
- 1.3 teaspoons vanilla extract
- 3 tablespoons vegetable oil
- 0.5 cup water boiling

Equipment

- bowl
- oven
- knife
- wire rack
- springform pan
- measuring cup

Directions

- Combine apricots and boiling water in a bowl; cover and let stand 30 minutes.
- Drain well.
- Preheat oven to 37
- Combine the rehydrated apricots, buttermilk, and next 5 ingredients (buttermilk through almond extract). Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 4 ingredients (flour through salt) in a bowl.
- Add apricot mixture, stirring just until moist.
- Pour batter into a 10-inch springform pan coated with cooking spray.
- Sprinkle with 2 tablespoons sliced almonds and granulated sugar.
- Bake kuchen at 375 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool on a wire rack.

Nutrition Facts



■ PROTEIN 8.41% ■ FAT 24.34% ■ CARBS 67.25%

Properties

Glycemic Index:24.21, Glycemic Load:13.68, Inflammation Score:-4, Nutrition Score:6.7847826040309%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 216.7kcal (10.84%), Fat: 5.97g (9.18%), Saturated Fat: 0.84g (5.28%), Carbohydrates: 37.09g (12.36%), Net Carbohydrates: 35.47g (12.9%), Sugar: 19.59g (21.76%), Cholesterol: 0.8mg (0.27%), Sodium: 209.46mg (9.11%), Alcohol: 0.17g (100%), Alcohol %: 0.25% (100%), Protein: 4.64g (9.27%), Selenium: 10.72µg (15.31%), Manganese: 0.27mg (13.32%), Vitamin B2: 0.21mg (12.56%), Vitamin B1: 0.19mg (12.54%), Vitamin E: 1.8mg (12%), Folate: 42.91µg (10.73%), Iron: 1.6mg (8.91%), Calcium: 82.81mg (8.28%), Vitamin B3: 1.61mg (8.04%), Phosphorus: 80.25mg (8.02%), Fiber: 1.62g (6.47%), Vitamin K: 6.57µg (6.26%), Magnesium: 23mg (5.75%), Potassium: 200.56mg (5.73%), Vitamin A: 284.73IU (5.69%), Copper: 0.11mg (5.52%), Vitamin B5: 0.33mg (3.32%), Zinc: 0.46mg (3.07%), Vitamin B6: 0.05mg (2.34%), Vitamin B12: 0.07µg (1.11%)