



Apricot and Raisin Butter Cake

READY IN



235 min.

SERVINGS



16

CALORIES



340 kcal

DESSERT

Ingredients

- 3 teaspoons double-acting baking powder
- 2 tablespoons apricots
- 120 ml brandy
- 0.3 cup brown sugar
- 2.5 cup cake flour canned
- 0.5 cup cashew pieces chopped
- 1 teaspoon cinnamon
- 100 g apricot dried finely chopped
- 4 egg whites at room temperature

- 4 egg yolk at room temperature
- 0.3 cup flour all-purpose
- 1 tablespoon juice of lime fresh (or lemon)
- 150 g yogurt plain low-fat at room temperature
- 100 g raisins
- 1 teaspoon salt
- 0.8 cup sugar
- 2 teaspoons sugar
- 15 g sugar (1 TB)
- 30 g butter unsalted cut into small cubes (2 tb)
- 210 g butter unsalted softened (1 cup minus 1 TB)
- 1 teaspoon vanilla
- 2 tablespoons water hot

Equipment

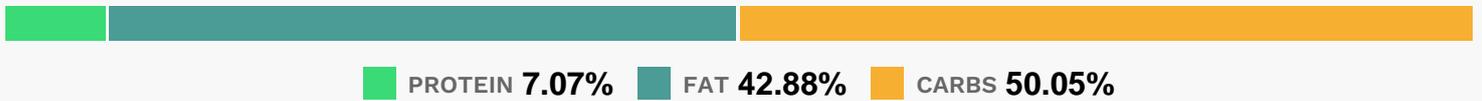
- food processor
- frying pan
- oven
- blender
- toothpicks
- kugelhkopf pan

Directions

- Soak raisins and chopped apricots in brandy for 2 hours (preferably overnight in the fridge) - See TIPS above
- Prepare crumb mixture by mixing all ingredients by hand/food processor until crumbly; set aside
- Sift flour, baking powder and salt together, set aside
- Whip egg whites with 1 TB sugar until they form stiff peaks (but not dry); set aside

- Cream butter and 3/4 cup sugar until light and fluffy
- Add egg yolks, one at a time, beating well after each addition
- Next, add the soaked fruits with the brandy and stir gently
- Using LOW speed on your mixer, add the sifted flour mixture, alternating with the yogurt according to this sequence - flour-yogurt-flour-yogurt-flour, until well combined
- Now gently fold the whipped egg whites into the creamed mixture
- Pour half of the batter into greased and floured pan (bundt/square/round), followed by the crumb mixture, then finally all the remaining batter
- Bake in a preheated oven at 180C / 350F for 55 mins for Bundt pan, 25-30 mins for square/round pan, until a toothpick inserted into the center of the cake comes out clean
- Remove from oven, cool in the pan for 10-15mins, then cool completely on wire racks
- For a very moist cake, sprinkle brandy syrup on warm cake (I poke some holes using toothpick all over the cake before sprinkling)To make brandy syrup - combine 2 TB brandy, 2 TB hot water and 2 tsp sugar; stir to dissolve sugar
- The cake is best made 1 day ahead

Nutrition Facts



Properties

Glycemic Index:38.96, Glycemic Load:22.13, Inflammation Score:-5, Nutrition Score:6.5643477699031%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 340.13kcal (17.01%), Fat: 15.74g (24.21%), Saturated Fat: 8.61g (53.79%), Carbohydrates: 41.34g (13.78%), Net Carbohydrates: 39.7g (14.44%), Sugar: 18.74g (20.82%), Cholesterol: 81.41mg (27.14%), Sodium: 252.27mg (10.97%), Alcohol: 2.63g (100%), Alcohol %: 3.25% (100%), Protein: 5.84g (11.67%), Selenium: 13.99µg (19.98%), Manganese: 0.3mg (14.94%), Vitamin A: 706.6IU (14.13%), Phosphorus: 107.39mg (10.74%), Copper: 0.18mg (9.14%), Calcium: 85.82mg (8.58%), Vitamin B2: 0.13mg (7.36%), Fiber: 1.64g (6.58%), Potassium: 226.87mg (6.48%), Iron:

1.14mg (6.33%), Magnesium: 24.8mg (6.2%), Vitamin E: 0.87mg (5.83%), Folate: 20.49µg (5.12%), Vitamin B1: 0.07mg (4.69%), Zinc: 0.66mg (4.43%), Vitamin B5: 0.4mg (3.95%), Vitamin B6: 0.07mg (3.49%), Vitamin B3: 0.63mg (3.15%), Vitamin D: 0.47µg (3.12%), Vitamin B12: 0.17µg (2.87%), Vitamin K: 2.84µg (2.7%), Vitamin C: 0.97mg (1.17%)