



Apricot Brandy and Peach Schnapps Pound Cake

 Vegetarian

READY IN



115 min.

SERVINGS



12

CALORIES



514 kcal

DESSERT

Ingredients

- 0.5 cup almonds
- 1 cup apricot preserves
- 0.3 teaspoon baking soda
- 0.5 cup apricot brandy
- 1 cup butter softened
- 6 eggs beaten
- 3 cups flour all-purpose

- 1 teaspoon lemon zest
- 0.5 cup peach schnapps
- 0.5 teaspoon salt
- 1 cup heavy whipping cream sour
- 1 cup water
- 1 cup sugar white

Equipment

- sauce pan
- oven
- mixing bowl
- cake form

Directions

- Butter and flour one angle food tube cake pan. Preheat oven to 325 degrees F (175 degrees C).
- In a mixing bowl, cream together butter and sugar for 5 minutes.
- Add eggs one at a time. Beat well. Sift flour with soda and salt; add sour cream and brandy ending with flour.
- Bake for 1 hour 15 minutes.
- Prepare the syrup in a sauce pan by combining the sugar, peach flavored liqueur, water and lemon zest. Boil for 1 minute.
- Turn cake out onto plate and punch holes in bottom of cake with ice pick or something similar. Slowly pour all of syrup into holes until cake is penetrated and syrup is absorbed. Immediately turn cake right side up onto serving plate.
- Prepare the topping/glaze by combining the apricot preserves, apricot brandy and lemon zest in a sauce pan and boiling for 1 minute.
- Drizzle over top of cake.
- Place sliced almonds on top of glaze along with a little lemon zest if desired.
- Serve the cake with sliced fresh peaches and coat with 1/2 cup citrus juice.

- Add one basket blueberries and mix together.
- Pour 1/2 cup peach flavored liqueur and 1/2 cup simple syrup over fruit. (simple syrup made from 1/2 cup sugar boiled in 1 cup water for 1 minute and cooled)

Nutrition Facts

PROTEIN 6.64%

FAT 45.59%

CARBS 47.77%

Properties

Glycemic Index:18.34, Glycemic Load:28.95, Inflammation Score:-6, Nutrition Score:9.896956609643%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 513.62kcal (25.68%), Fat: 24.52g (37.73%), Saturated Fat: 12.62g (78.9%), Carbohydrates: 57.84g (19.28%), Net Carbohydrates: 56.17g (20.43%), Sugar: 28.57g (31.74%), Cholesterol: 133.82mg (44.61%), Sodium: 288.34mg (12.54%), Alcohol: 3.34g (100%), Alcohol %: 2.44% (100%), Protein: 8.03g (16.06%), Selenium: 18.99µg (27.12%), Vitamin B2: 0.37mg (21.74%), Manganese: 0.37mg (18.41%), Vitamin B1: 0.27mg (18.12%), Folate: 72.09µg (18.02%), Vitamin E: 2.31mg (15.42%), Vitamin A: 751.5IU (15.03%), Phosphorus: 126.09mg (12.61%), Iron: 2.18mg (12.14%), Vitamin B3: 2.11mg (10.56%), Copper: 0.15mg (7.6%), Magnesium: 28.91mg (7.23%), Fiber: 1.67g (6.66%), Calcium: 61.92mg (6.19%), Vitamin B5: 0.59mg (5.92%), Zinc: 0.79mg (5.26%), Vitamin B12: 0.27µg (4.47%), Potassium: 151.97mg (4.34%), Vitamin B6: 0.07mg (3.6%), Vitamin D: 0.44µg (2.93%), Vitamin C: 2.12mg (2.57%), Vitamin K: 1.77µg (1.69%)