



Apricot butter cake

 Vegetarian

READY IN



105 min.

SERVINGS



10

CALORIES



480 kcal

DESSERT

Ingredients

- ☐ 150 ml milk
- ☐ 1 tsp vanilla extract
- ☐ 300 g sugar
- ☐ 3 eggs
- ☐ 350 g self raising flour
- ☐ 200 g butter melted
- ☐ 350 g apricots ripe
- ☐ 25 g butter melted

- ☐ 3 tbsp g muscovado sugar light
- ☐ 3 tbsp almonds flaked toasted

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ cake form

Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ Butter a 23cm-deep cake tin (preferably not loose-based, see tip below) and line the base with silicone or baking parchment.
- ☐ Mix the topping ingredients and spread over the base of the tin.
- ☐ Mix the milk and vanilla together.
- ☐ Put the sugar and eggs into a large bowl and whisk with a tabletop or hand electric mixer until the mixture is thick, pale and increased in volume, about 5 mins. Test it is ready by lifting the whisk blades if the mixture briefly leaves a trail, you are ready to proceed.
- ☐ Add one-third of the flour and whisk slowly to incorporate, then one-third of the milk and mix again. Repeat twice more until all the flour and milk is added. Slowly whisk in the melted butter.
- ☐ Halve and stone the apricots.
- ☐ Place, cut-side down, in the base of the tin.
- ☐ Pour the cake batter over the top and slide into the oven.
- ☐ Bake for 1-1 hrs until the cake is firm to the touch and springs back when lightly pressed.
- ☐ Cool the cake in the tin for 20 mins, then carefully remove from the tin, peel off the lining paper and serve warm or cold.

Nutrition Facts



 PROTEIN 6.29%  FAT 41.11%  CARBS 52.6%

Properties

Glycemic Index:32.68, Glycemic Load:39.02, Inflammation Score:-7, Nutrition Score:7.9334782932116%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 480.39kcal (24.02%), Fat: 22.31g (34.32%), Saturated Fat: 12.47g (77.97%), Carbohydrates: 64.21g (21.4%), Net Carbohydrates: 62.3g (22.65%), Sugar: 37.76g (41.96%), Cholesterol: 99.34mg (33.11%), Sodium: 171.72mg (7.47%), Alcohol: 0.14g (100%), Alcohol %: 0.12% (100%), Protein: 7.69g (15.37%), Selenium: 18.85µg (26.93%), Vitamin A: 1333.45IU (26.67%), Manganese: 0.38mg (19.07%), Vitamin E: 1.89mg (12.59%), Phosphorus: 103.76mg (10.38%), Vitamin B2: 0.16mg (9.68%), Fiber: 1.91g (7.66%), Copper: 0.14mg (6.78%), Magnesium: 24.61mg (6.15%), Potassium: 200.47mg (5.73%), Folate: 22.93µg (5.73%), Vitamin B5: 0.54mg (5.41%), Calcium: 53.02mg (5.3%), Zinc: 0.72mg (4.8%), Iron: 0.84mg (4.66%), Vitamin C: 3.5mg (4.24%), Vitamin B12: 0.24µg (3.99%), Vitamin B1: 0.06mg (3.98%), Vitamin B3: 0.71mg (3.55%), Vitamin B6: 0.07mg (3.5%), Vitamin D: 0.43µg (2.89%), Vitamin K: 2.92µg (2.78%)