



Apricot-Cherry Upside-Down Mini Cakes

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



295 kcal

DESSERT

Ingredients

- ☐ 2 apricots pitted halved
- ☐ 0.5 teaspoon baking soda
- ☐ 4 teaspoons brown sugar
- ☐ 1 tablespoon butter cut into 4 equal pieces
- ☐ 2 tablespoons butter softened
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup skim milk fat-free
- ☐ 0.7 cup flour all-purpose

- ☐ 0.3 cup granulated sugar
- ☐ 0.3 teaspoon salt
- ☐ 16 cherries sweet pitted halved
- ☐ 0.3 teaspoon vanilla extract
- ☐ 6 tablespoons cool whip fat-free frozen thawed

Equipment

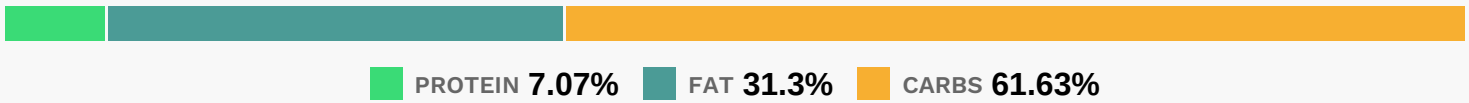
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ ramekin
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Coat 4 (8-ounce) custard cups or ramekins with cooking spray.
- ☐ Place 1 butter piece in bottom of each cup.
- ☐ Sprinkle 1 teaspoon brown sugar over butter in each cup. Arrange 1 apricot half, cut side up, over brown sugar in each ramekin. Arrange 8 cherry halves, cut sides up, around outside edge of each apricot; set aside.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, baking soda, and salt, stirring with a whisk.
- ☐ Place granulated sugar and 2 tablespoons butter in a medium bowl; beat with a mixer at medium speed until well blended.
- ☐ Add vanilla and egg; beat well.

- ☐ Add flour mixture to sugar mixture alternately with milk, beginning and ending with flour mixture; beat well after each addition. Divide batter evenly over fruit in each cup.
- ☐ Place cups on a baking sheet.
- ☐ Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in cups 5 minutes on a wire rack. Loosen edges of cakes with a knife.
- ☐ Place a dessert plate, upside down, on top of each cup; invert onto plates.
- ☐ Drizzle any remaining caramelized syrup evenly over cakes.
- ☐ Serve cake warm with whipped topping.

Nutrition Facts



Properties

Glycemic Index:85.5, Glycemic Load:25.11, Inflammation Score:-5, Nutrition Score:7.0704348190971%

Flavonoids

Cyanidin: 9.67mg, Cyanidin: 9.67mg, Cyanidin: 9.67mg, Cyanidin: 9.67mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.48mg, Peonidin: 0.48mg, Peonidin: 0.48mg, Peonidin: 0.48mg Catechin: 2.04mg, Catechin: 2.04mg, Catechin: 2.04mg, Catechin: 2.04mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 2.43mg, Epicatechin: 2.43mg, Epicatechin: 2.43mg, Epicatechin: 2.43mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 294.64kcal (14.73%), Fat: 10.45g (16.07%), Saturated Fat: 6.04g (37.76%), Carbohydrates: 46.3g (15.43%), Net Carbohydrates: 44.69g (16.25%), Sugar: 28.48g (31.64%), Cholesterol: 70.77mg (23.59%), Sodium: 382.54mg (16.63%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 5.31g (10.62%), Selenium: 11.78µg (16.83%), Vitamin B2: 0.25mg (14.89%), Vitamin A: 740.89IU (14.82%), Vitamin B1: 0.2mg (13.63%), Folate: 48.77µg (12.19%), Manganese: 0.19mg (9.31%), Phosphorus: 87.13mg (8.71%), Iron: 1.41mg (7.84%), Vitamin B3: 1.45mg (7.26%), Fiber: 1.61g (6.45%), Potassium: 205.87mg (5.88%), Vitamin B12: 0.35µg (5.79%), Calcium: 56.92mg (5.69%), Vitamin C: 3.99mg (4.84%), Vitamin B5: 0.48mg (4.78%), Vitamin B6: 0.08mg (3.89%), Copper: 0.08mg (3.84%), Vitamin E: 0.57mg (3.81%), Magnesium: 14.95mg (3.74%), Zinc: 0.49mg (3.27%), Vitamin D: 0.47µg (3.16%), Vitamin K: 2.1µg (2%)