



Apricot, cinnamon & olive oil cake



Vegetarian



Popular

READY IN



105 min.

SERVINGS



8

CALORIES



668 kcal

DESSERT

Ingredients

- ☐ 200 g apricot dried roughly chopped
- ☐ 225 g rice flour
- ☐ 2 tsp double-acting baking powder
- ☐ 2 tsp ground cinnamon for sprinkling plus a little extra
- ☐ 200 g muscovado sugar light
- ☐ 3 large eggs
- ☐ 100 ml olive oil
- ☐ 100 ml yogurt

- ☐ 2 tsp vanilla extract
- ☐ 140 g cream cheese
- ☐ 85 g butter softened
- ☐ 250 g powdered sugar

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ cake form
- ☐ skewers

Directions

- ☐ Put the apricots in a bowl, cover with boiling water and set aside for 30 mins. Meanwhile, heat oven to 180C/160C fan/ gas 4, grease a deep 20cm round loose-bottomed cake tin and line with baking parchment.
- ☐ In a large bowl, mix the flour, baking powder, cinnamon, sugar and tsp salt. In a jug, mix the eggs, olive oil, yogurt and vanilla.
- ☐ Pour the wet ingredients into the dry and mix briefly with an electric hand whisk to remove any lumps.
- ☐ Drain the apricots and stir into the cake mix, then pour into your cake tin and bake in the centre of the oven for 1 hr or until a skewer comes out clean. Leave to cool in the tin for 10 mins, then transfer to a wire rack to cool completely.
- ☐ To make the icing, mix all the ingredients together, using an electric hand whisk, until smooth.
- ☐ Spread generously over the top of the cake and dust with cinnamon before serving.

Nutrition Facts



Properties

Glycemic Index:28.3, Glycemic Load:5.3, Inflammation Score:-7, Nutrition Score:9.2313043980495%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 667.58kcal (33.38%), Fat: 29.33g (45.12%), Saturated Fat: 11.44g (71.47%), Carbohydrates: 94.67g (31.56%), Net Carbohydrates: 88.75g (32.27%), Sugar: 69.65g (77.38%), Cholesterol: 111.95mg (37.32%), Sodium: 289.2mg (12.57%), Alcohol: 0.36g (100%), Alcohol %: 0.25% (100%), Protein: 8.63g (17.26%), Vitamin A: 1517.53IU (30.35%), Fiber: 5.92g (23.69%), Vitamin E: 3.34mg (22.28%), Iron: 2.81mg (15.63%), Calcium: 154.82mg (15.48%), Selenium: 8.71µg (12.45%), Phosphorus: 115.12mg (11.51%), Potassium: 400.16mg (11.43%), Vitamin B2: 0.17mg (10.21%), Manganese: 0.2mg (9.99%), Vitamin K: 9.04µg (8.61%), Vitamin B5: 0.61mg (6.14%), Copper: 0.12mg (6.03%), Vitamin B6: 0.09mg (4.67%), Vitamin B12: 0.27µg (4.52%), Magnesium: 16.67mg (4.17%), Vitamin B3: 0.73mg (3.66%), Folate: 14.4µg (3.6%), Zinc: 0.54mg (3.58%), Vitamin D: 0.39µg (2.59%), Vitamin B1: 0.02mg (1.32%)