



## Apricot Cranberry Cake

 Vegetarian

READY IN



65 min.

SERVINGS



16

CALORIES



257 kcal

DESSERT

### Ingredients

- 1.5 teaspoons almond extract
- 0.5 cup almonds chopped
- 3 cups baking mix
- 1 cup powdered sugar
- 2 cups cranberries fresh chopped
- 0.8 cup apricot dried chopped
- 2 eggs beaten
- 4 teaspoons orange juice

- 8 ounces yogurt plain
- 0.8 cup sugar
- 0.5 teaspoon vanilla extract
- 0.3 cup vegetable oil

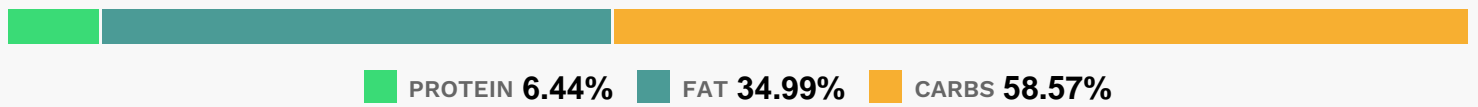
## Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks

## Directions

- In a bowl, combine the biscuit mix and sugar. In another bowl, combine the eggs, yogurt, orange juice, oil and almond extract. Stir into biscuit mixture just until combined. Fold in the cranberries, apricots and almonds.
- Transfer to a greased and floured 10-in. fluted tube pan.
- Bake at 350° for 50–55 minutes or until toothpick inserted near the center comes out clean. Cool for 10 minutes before removing to wire rack to cool completely.
- In a bowl, combine the glaze ingredients until smooth.
- Drizzle over cooled cake.

## Nutrition Facts



## Properties

Glycemic Index:14.34, Glycemic Load:8.4, Inflammation Score:-4, Nutrition Score:6.8065217396487%

## Flavonoids

Cyanidin: 5.91mg, Cyanidin: 5.91mg, Cyanidin: 5.91mg, Cyanidin: 5.91mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg

Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

## Nutrients (% of daily need)

Calories: 256.73kcal (12.84%), Fat: 10.17g (15.64%), Saturated Fat: 2.05g (12.83%), Carbohydrates: 38.29g (12.76%), Net Carbohydrates: 36.36g (13.22%), Sugar: 24.19g (26.87%), Cholesterol: 22.75mg (7.58%), Sodium: 302.64mg (13.16%), Alcohol: 0.17g (100%), Alcohol %: 0.25% (100%), Protein: 4.21g (8.42%), Phosphorus: 183.5mg (18.35%), Vitamin E: 1.95mg (12.98%), Manganese: 0.24mg (12.11%), Vitamin B2: 0.21mg (12.1%), Vitamin B1: 0.15mg (9.93%), Folate: 34.93µg (8.73%), Vitamin K: 8.59µg (8.18%), Calcium: 77.3mg (7.73%), Fiber: 1.93g (7.72%), Vitamin B3: 1.38mg (6.89%), Iron: 1.1mg (6.1%), Selenium: 4.12µg (5.89%), Copper: 0.12mg (5.81%), Magnesium: 23mg (5.75%), Vitamin A: 275.3IU (5.51%), Potassium: 184.26mg (5.26%), Vitamin B5: 0.43mg (4.31%), Vitamin C: 2.82mg (3.42%), Vitamin B12: 0.19µg (3.15%), Zinc: 0.47mg (3.11%), Vitamin B6: 0.05mg (2.69%)