



Apricot Filling and Frosting for Angel Food Cakes

 **Gluten Free**

READY IN



90 min.

SERVINGS



10

CALORIES



178 kcal

SIDE DISH

Ingredients

- ☐ 1 cup confectioners' sugar
- ☐ 1.5 cups apricots dried chopped
- ☐ 0.3 ounce gelatin powder unflavored
- ☐ 1 cup heavy cream
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup water cold

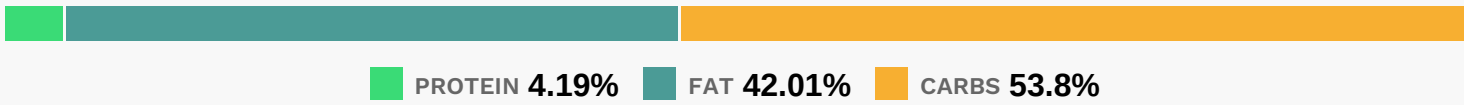
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Heat apricots by placing them in a bowl, cover with water, and microwave on high for about 10 minutes or until the water is absorbed. Soften gelatin in the cold water. Blend apricots into the gelatin.
- ☐ Add lemon juice, sugar and salt and mix. Chill until slightly thickened (about 1 hour).
- ☐ Whip the cooled apricot mixture until frothy. In a separate bowl, whip the cream until soft peaks form. Fold the whipped cream into the apricot mixture.
- ☐ Split cake into 2 or 3 layers. Fill between layers, and frost side and top. Chill overnight.

Nutrition Facts



Properties

Glycemic Index:3.34, Glycemic Load:3.6, Inflammation Score:-6, Nutrition Score:3.4504347547241%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 177.63kcal (8.88%), Fat: 8.7g (13.38%), Saturated Fat: 5.48g (34.24%), Carbohydrates: 25.07g (8.36%), Net Carbohydrates: 23.63g (8.59%), Sugar: 22.92g (25.47%), Cholesterol: 26.89mg (8.96%), Sodium: 68.47mg (2.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.91%), Vitamin A: 1052.82IU (21.06%), Potassium: 252.27mg (7.21%), Vitamin E: 1.07mg (7.12%), Fiber: 1.43g (5.73%), Copper: 0.09mg (4.36%), Vitamin B2: 0.06mg (3.74%), Iron: 0.56mg (3.11%), Phosphorus: 28.17mg (2.82%), Calcium: 27.34mg (2.73%), Vitamin B3: 0.52mg (2.62%), Vitamin D: 0.38µg (2.54%), Manganese: 0.05mg (2.39%), Selenium: 1.5µg (2.14%), Magnesium: 8.3mg (2.08%), Vitamin B6: 0.04mg (1.88%), Vitamin C: 1.5mg (1.82%), Vitamin B5: 0.17mg (1.66%), Vitamin K: 1.37µg (1.3%)