



Apricot Kugen

READY IN



45 min.

SERVINGS



10

CALORIES



499 kcal

SIDE DISH

Ingredients

- ☐ 9 cups firm-ripe apricots pitted halved
- ☐ 0.3 lb butter
- ☐ 0.3 cup cornstarch
- ☐ 8 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons juice of lemon
- ☐ 1.3 cups cup heavy whipping cream sour
- ☐ 2 cups sugar

☐ 1 teaspoon vanilla

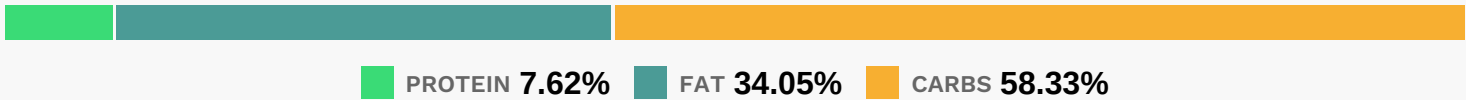
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ With a mixer, beat butter and 1/2 cup sugar until fluffy.
- ☐ Add 4 eggs, one at a time, beating well after each addition. Stir in flour.
- ☐ Spread batter evenly in a 9- by 13-inch pan.
- ☐ Mix apricots with 1/2 cup sugar, cinnamon, and lemon juice. Arrange fruit, cut side up, in batter.
- ☐ In a bowl, mix remaining sugar with cornstarch.
- ☐ Add sour cream, remaining eggs, and vanilla; beat until blended.
- ☐ Pour over apricots.
- ☐ Bake in a 350 oven until cake surrounding apricots in the center is firm when gently pressed, about 1 hour and 20 minutes.
- ☐ Let cool at least 30 minutes; serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:19.18, Glycemic Load:43.57, Inflammation Score:-9, Nutrition Score:14.481304251629%

Flavonoids

Catechin: 5.12mg, Catechin: 5.12mg, Catechin: 5.12mg, Catechin: 5.12mg Epicatechin: 6.61mg, Epicatechin: 6.61mg, Epicatechin: 6.61mg, Epicatechin: 6.61mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg,

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 499.37kcal (24.97%), Fat: 19.38g (29.81%), Saturated Fat: 6.12g (38.24%), Carbohydrates: 74.69g (24.9%), Net Carbohydrates: 71.25g (25.91%), Sugar: 54.12g (60.13%), Cholesterol: 165.76mg (55.25%), Sodium: 175.19mg (7.62%), Alcohol: 0.14g (100%), Alcohol %: 0.06% (100%), Protein: 9.76g (19.52%), Vitamin A: 3488.28IU (69.77%), Selenium: 20.18µg (28.83%), Vitamin B2: 0.39mg (23.07%), Vitamin C: 15.4mg (18.67%), Folate: 68.12µg (17.03%), Phosphorus: 156.8mg (15.68%), Manganese: 0.29mg (14.46%), Vitamin E: 2.14mg (14.28%), Vitamin B1: 0.21mg (14.18%), Potassium: 482.71mg (13.79%), Fiber: 3.44g (13.76%), Iron: 2.19mg (12.16%), Vitamin B5: 1.14mg (11.41%), Vitamin B3: 2.01mg (10.05%), Copper: 0.18mg (8.78%), Vitamin B6: 0.17mg (8.31%), Calcium: 78.48mg (7.85%), Vitamin B12: 0.43µg (7.13%), Zinc: 1.03mg (6.88%), Magnesium: 26.53mg (6.63%), Vitamin D: 0.8µg (5.33%), Vitamin K: 5.27µg (5.02%)