

Apricot Nectar Cake II

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



383 kcal

DESSERT

Ingredients

- 0.8 cup all-natural apricot nectar
- 2 cups powdered sugar
- 4 eggs
- 3 ounce gelatin mix lemon flavored
- 6 tablespoons juice of lemon
- 0.8 cup vegetable oil
- 0.3 cup water hot
- 18.3 ounce cake mix yellow

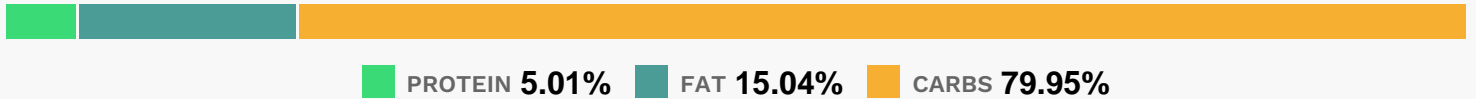
Equipment

- frying pan
- oven
- kugelhkopf pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease one 10 inch tube or Bundt pan.
- Mix the cake mix, eggs, vegetable oil, and apricot nectar together.
- Dissolve the gelatin in the hot water and add to cake batter.
- Mix well and pour the batter into the prepared pan.
- Bake at 350 degrees F (175 degrees C) for 45 to 60 minutes. Invert cake onto a plate and cool for several minutes.
- Pour glaze over cake while it is still warm.
- Combine the confectioner's sugar and the lemon juice. Use immediately to pour over still warm cake.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:6.8239130040874%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 382.76kcal (19.14%), Fat: 6.49g (9.98%), Saturated Fat: 1.9g (11.86%), Carbohydrates: 77.59g (25.86%), Net Carbohydrates: 76.93g (27.97%), Sugar: 55.89g (62.1%), Cholesterol: 65.47mg (21.82%), Sodium: 443.75mg (19.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.72%), Phosphorus: 208.89mg (20.89%), Vitamin B2: 0.21mg (12.48%), Calcium: 122.37mg (12.24%), Folate: 45.7µg (11.42%), Vitamin C: 9.07mg (11%),

Selenium: 7.68µg (10.97%), Vitamin B1: 0.14mg (9.35%), Iron: 1.44mg (7.98%), Vitamin K: 7.79µg (7.42%), Vitamin A: 343.32IU (6.87%), Vitamin E: 1.02mg (6.79%), Vitamin B3: 1.25mg (6.24%), Manganese: 0.11mg (5.64%), Vitamin B5: 0.49mg (4.89%), Vitamin B6: 0.08mg (4.05%), Vitamin B12: 0.21µg (3.47%), Copper: 0.07mg (3.4%), Fiber: 0.67g (2.67%), Zinc: 0.38mg (2.54%), Vitamin D: 0.35µg (2.35%), Magnesium: 9.02mg (2.25%), Potassium: 71.56mg (2.04%)