



Apricot Slice

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



124 kcal

SIDE DISH

Ingredients

- 100 g apricot dried
- 2 eggs
- 1 T flour
- 0.1 t salt
- 175 g sugar
- 4 T butter unsalted softened
- 1 teaspoon vanilla extract

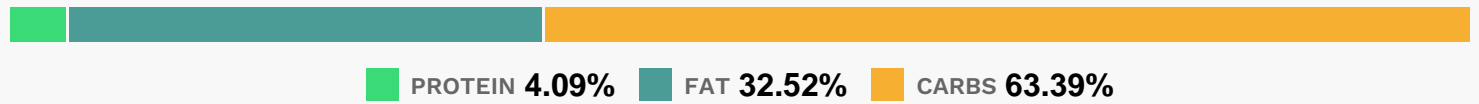
Equipment

- oven
- spatula
- skewers

Directions

- Stop machine and pour in plain flour and fold well with a rubber spatula. Lastly add in dried apricot and mix well.
- Pour batter into a 8 inch square tray (lined all sides up) and bake at preheated oven 170C for about 30 mins or skewer inserted comes out clean.

Nutrition Facts



Properties

Glycemic Index:14.87, Glycemic Load:12.06, Inflammation Score:-3, Nutrition Score:1.9660869565217%

Taste

Sweetness: 100%, Saltiness: 14.5%, Sourness: 11.22%, Bitterness: 0.88%, Savoriness: 8.21%, Fattiness: 28.76%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 123.89kcal (6.19%), Fat: 4.63g (7.13%), Saturated Fat: 2.66g (16.65%), Carbohydrates: 20.32g (6.77%), Net Carbohydrates: 19.69g (7.16%), Sugar: 19.08g (21.2%), Cholesterol: 37.46mg (12.49%), Sodium: 36.18mg (1.57%), Protein: 1.31g (2.62%), Vitamin A: 458.22IU (9.16%), Selenium: 2.78µg (3.97%), Vitamin E: 0.55mg (3.65%), Potassium: 109.38mg (3.13%), Vitamin B2: 0.05mg (2.79%), Fiber: 0.63g (2.5%), Phosphorus: 22.27mg (2.23%), Iron: 0.39mg (2.15%), Copper: 0.04mg (1.84%), Vitamin B5: 0.16mg (1.63%), Vitamin D: 0.22µg (1.45%), Folate: 5.57µg (1.39%), Manganese: 0.03mg (1.38%), Vitamin B3: 0.26mg (1.31%), Vitamin B6: 0.02mg (1.24%), Vitamin B12: 0.07µg (1.22%), Calcium: 10.12mg (1.01%)