



## Apricot Sponge Cake

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



189 kcal

DESSERT

### Ingredients

- 0.5 teaspoon almond extract
- 0.3 cup all-natural apricot nectar
- 0.5 teaspoon double-acting baking powder
- 1.3 cups cake flour
- 5 eggs
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 1.3 cups sugar white divided

## Equipment

- bowl
- frying pan
- oven
- hand mixer

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Sift together the flour, 3/4 cup sugar, salt, and baking powder. Separate the egg yolks from the whites.
- Add the egg yolks to the flour mixture along with the apricot juice and vanilla and almond extracts. Beat on low speed of an electric mixer for about 1 minute.
- Wash beaters well before beating egg whites. In a glass or metal bowl (don't use plastic) beat the egg whites until fluffy. Gradually beat in 1/2 cup of the sugar and continue beating until stiff peaks form.
- Gently fold the egg yolk-flour mixture into the egg whites about 1/4 at a time. Don't stir or cake will not be spongy. Gently turn batter into an ungreased tube pan.
- Bake for about 40 to 50 minutes. Immediately turn pan upside down and let cool. Once cake is cool remove it from the pan.

## Nutrition Facts

    
 **PROTEIN 9.79%**  **FAT 11.64%**  **CARBS 78.57%**

## Properties

Glycemic Index:22.91, Glycemic Load:24.84, Inflammation Score:-1, Nutrition Score:3.5730434811634%

## Nutrients (% of daily need)

Calories: 189.46kcal (9.47%), Fat: 2.46g (3.78%), Saturated Fat: 0.73g (4.56%), Carbohydrates: 37.38g (12.46%), Net Carbohydrates: 36.99g (13.45%), Sugar: 25.96g (28.84%), Cholesterol: 81.84mg (27.28%), Sodium: 169.83mg (7.38%), Alcohol: 0.21g (100%), Alcohol %: 0.37% (100%), Protein: 4.65g (9.31%), Selenium: 13.11µg (18.73%), Vitamin B2: 0.12mg (6.83%), Manganese: 0.13mg (6.73%), Phosphorus: 63.45mg (6.34%), Vitamin B5: 0.41mg (4.12%), Vitamin A: 201.69IU (4.03%), Folate: 15.56µg (3.89%), Vitamin B12: 0.2µg (3.26%), Iron: 0.57mg (3.16%), Vitamin D:

0.44µg (2.93%), Zinc: 0.42mg (2.81%), Calcium: 27.49mg (2.75%), Copper: 0.05mg (2.39%), Vitamin B6: 0.05mg (2.28%), Vitamin C: 1.86mg (2.26%), Vitamin E: 0.32mg (2.13%), Magnesium: 6.99mg (1.75%), Vitamin B1: 0.03mg (1.68%), Fiber: 0.38g (1.53%), Potassium: 51.64mg (1.48%)