



Apricot Upside-Down Cake

 Vegetarian

READY IN



50 min.

SERVINGS



12

CALORIES



208 kcal

DESSERT

Ingredients

- 0.1 tsp almond extract
- 2 Tbsp planters almonds sliced
- 1 lb apricots pitted cut into 1/2-inch-thick slices (7 medium apricots)
- 1 cup baking mix all-purpose
- 0.5 cup firmly brown sugar packed
- 6 Tbsp butter
- 0.7 cup knudsen cream sour
- 1 eggs

- 0.3 cup granulated sugar
- 2 Tbsp water

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- hand mixer
- toothpicks
- cake form
- spatula

Directions

- Preheat oven to 350F.
- Place baking mix, granulated sugar, sour cream, egg, water and extract in large bowl. Beat with electric mixer on low speed just until moistened, stopping frequently to scrape bottom and side of bowl. Beat on medium speed 2 min.; set aside.
- Melt butter in small saucepan on medium heat.
- Add brown sugar; cook 1 min. or until completely dissolved, stirring constantly.
- Pour into 9-inch round cake pan. Top with apricot slices; sprinkle with almonds. Cover with batter.
- Bake 30 to 35 min. or until toothpick inserted in center comes out clean. Immediately run knife or metal spatula around rim of pan to loosen cake; invert onto serving plate. Cool completely.

Nutrition Facts



PROTEIN 4.72% FAT 46.7% CARBS 48.58%

Properties

Glycemic Index:14.31, Glycemic Load:5.33, Inflammation Score:-6, Nutrition Score:4.7091304737589%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 208.39kcal (10.42%), Fat: 11.12g (17.11%), Saturated Fat: 5.52g (34.53%), Carbohydrates: 26.04g (8.68%), Net Carbohydrates: 24.86g (9.04%), Sugar: 19.63g (21.81%), Cholesterol: 36.64mg (12.21%), Sodium: 185.57mg (8.07%), Alcohol: 0.02g (100%), Alcohol %: 0.02% (100%), Protein: 2.53g (5.06%), Vitamin A: 1005.27IU (20.11%), Phosphorus: 94.25mg (9.43%), Vitamin B2: 0.12mg (7.03%), Vitamin E: 1.03mg (6.85%), Manganese: 0.11mg (5.49%), Calcium: 51.7mg (5.17%), Vitamin B1: 0.08mg (5.11%), Folate: 19.43µg (4.86%), Vitamin C: 3.92mg (4.76%), Fiber: 1.17g (4.7%), Potassium: 161.52mg (4.61%), Vitamin B3: 0.77mg (3.85%), Selenium: 2.67µg (3.81%), Copper: 0.07mg (3.61%), Iron: 0.63mg (3.49%), Magnesium: 13.49mg (3.37%), Vitamin B5: 0.31mg (3.06%), Vitamin K: 2.6µg (2.47%), Vitamin B6: 0.05mg (2.29%), Zinc: 0.29mg (1.91%), Vitamin B12: 0.11µg (1.84%)