



Apricot Upside-Down Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



232 kcal

DESSERT

Ingredients

- ☐ 16.5 ounce apricot halves in syrup light undrained canned
- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.3 cup butter light softened

- ☐ 1 tablespoon butter light melted
- ☐ 0.1 teaspoon salt
- ☐ 0.7 cup sugar
- ☐ 1 teaspoon vanilla extract

Equipment

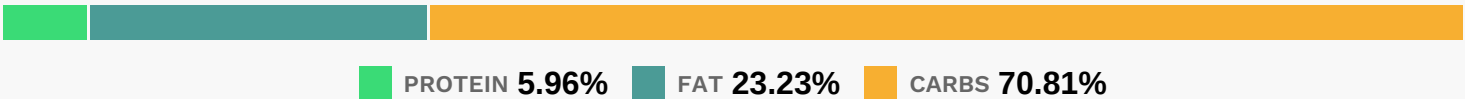
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ cake form
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Coat bottom of a 9-inch round cake pan with 1 tablespoon melted butter; sprinkle brown sugar over butter.
- ☐ Drain apricots, reserving 2/3 cup liquid; pat apricots dry with paper towels. Arrange apricots, cut sides up, in pan.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 3 ingredients; stir well. Beat butter and remaining 4 ingredients with a mixer at medium speed until well blended.
- ☐ Add flour mixture and reserved liquid alternately to butter mixture, beginning and ending with flour mixture.
- ☐ Pour batter over apricots in pan.
- ☐ Bake at 350 for 35 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 5 minutes on a wire rack. Loosen cake from sides of pan using a knife or narrow spatula;

invert cake onto a plate.

Nutrition Facts



Properties

Glycemic Index:34.84, Glycemic Load:22.57, Inflammation Score:-7, Nutrition Score:6.078260862309%

Flavonoids

Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg Epicatechin: 2.77mg, Epicatechin: 2.77mg, Epicatechin: 2.77mg, Epicatechin: 2.77mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 232.08kcal (11.6%), Fat: 6.13g (9.43%), Saturated Fat: 3.41g (21.32%), Carbohydrates: 42.01g (14%), Net Carbohydrates: 40.39g (14.69%), Sugar: 28.84g (32.05%), Cholesterol: 33.06mg (11.02%), Sodium: 125.54mg (5.46%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Protein: 3.54g (7.08%), Vitamin A: 1317.09IU (26.34%), Selenium: 7.55µg (10.79%), Vitamin B1: 0.14mg (9.59%), Folate: 36.99µg (9.25%), Vitamin B2: 0.14mg (8.2%), Manganese: 0.16mg (7.98%), Vitamin C: 6.17mg (7.48%), Iron: 1.26mg (7.03%), Fiber: 1.62g (6.47%), Vitamin B3: 1.29mg (6.45%), Potassium: 194.05mg (5.54%), Phosphorus: 54.39mg (5.44%), Vitamin E: 0.74mg (4.95%), Calcium: 46.21mg (4.62%), Copper: 0.08mg (3.88%), Vitamin B5: 0.31mg (3.15%), Magnesium: 11.32mg (2.83%), Vitamin B6: 0.05mg (2.67%), Vitamin K: 2.44µg (2.32%), Zinc: 0.34mg (2.24%), Vitamin D: 0.22µg (1.45%), Vitamin B12: 0.07µg (1.13%)