



Black Mission Fig Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



876 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 1.5 cups firmly brown sugar packed
- ☐ 1 cup butter softened
- ☐ 2 tablespoons butter
- ☐ 4 large eggs
- ☐ 1.5 cups mission figs dried black
- ☐ 8 servings garnish: figs fresh
- ☐ 3 cups flour all-purpose

- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon salt
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1.5 cups sugar
- ☐ 2 tablespoons sugar
- ☐ 0.3 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract

Equipment

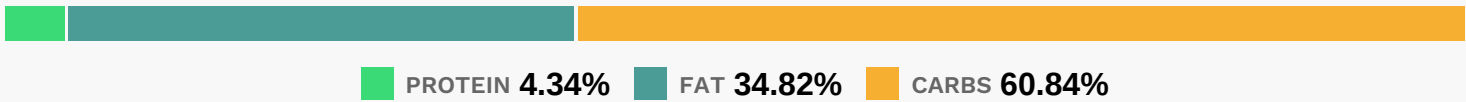
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Cut figs in half; cover with hot water.
- ☐ Let stand 20 minutes; drain and set aside.
- ☐ Beat 1 cup butter at medium speed with an electric mixer about 2 minutes or until creamy; gradually add sugars, beating well.
- ☐ Add eggs, 1 at a time, beating until blended after each addition.
- ☐ Combine flour, baking soda, and salt; add to butter mixture alternately with sour cream, beginning and ending with flour mixture. Beat at low speed until blended after each addition. Stir in 1 teaspoon vanilla.
- ☐ Pour batter into a greased and floured 10-inch springform pan. Top with fig halves.
- ☐ Bake at 300 for 1 hour and 50 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on wire rack 10 minutes; remove from pan, and cool on rack.
- ☐ Melt 2 tablespoons butter in a small saucepan over medium heat; add sugar and cinnamon, stirring until sugar dissolves. Stir in 1/4 teaspoon vanilla.

- ☐ Brush over top of cake.
- ☐ Garnish, if desired.
- ☐ Note: 3 cups fresh figs can substitute for dried

Nutrition Facts



Properties

Glycemic Index:55.27, Glycemic Load:63.54, Inflammation Score:-7, Nutrition Score:14.378695508708%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg

Nutrients (% of daily need)

Calories: 876.3kcal (43.81%), Fat: 34.68g (53.35%), Saturated Fat: 20.2g (126.25%), Carbohydrates: 136.35g (45.45%), Net Carbohydrates: 132.32g (48.11%), Sugar: 97.11g (107.9%), Cholesterol: 178.49mg (59.5%), Sodium: 370.14mg (16.09%), Alcohol: 0.22g (100%), Alcohol %: 0.09% (100%), Protein: 9.72g (19.45%), Selenium: 25.88µg (36.97%), Vitamin B1: 0.44mg (29.47%), Vitamin B2: 0.46mg (27.08%), Folate: 106.29µg (26.57%), Vitamin A: 1244.84IU (24.9%), Manganese: 0.49mg (24.56%), Iron: 3.31mg (18.38%), Vitamin B3: 3.25mg (16.26%), Fiber: 4.04g (16.14%), Phosphorus: 144.56mg (14.46%), Calcium: 126.13mg (12.61%), Potassium: 404.04mg (11.54%), Vitamin B5: 1.06mg (10.58%), Vitamin B6: 0.2mg (9.98%), Magnesium: 36.69mg (9.17%), Copper: 0.18mg (8.98%), Vitamin E: 1.24mg (8.3%), Vitamin K: 7.33µg (6.98%), Zinc: 0.93mg (6.23%), Vitamin B12: 0.34µg (5.62%), Vitamin D: 0.5µg (3.33%), Vitamin C: 2.15mg (2.6%)