



Buttermilk-Glazed Mini Fig Cakes with Vanilla Hard Sauce

READY IN



90 min.

SERVINGS



15

CALORIES



231 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup buttermilk
- 15 servings buttermilk glaze
- 3 large eggs
- 1 cup fig preserves
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves

- 0.5 cup pecans toasted chopped
- 1 sprigs garnishes: rosemary fig halves fresh
- 1 cup sugar
- 1 teaspoon salt
- 15 servings vanilla sauce hard
- 1 teaspoon vanilla extract
- 1 cup vegetable oil

Equipment

- bowl
- oven
- hand mixer
- muffin liners

Directions

- Preheat oven to 35
- Stir together flour and next 5 ingredients in a large bowl. Gradually add oil, beating at medium speed with an electric mixer until blended.
- Add eggs, 1 at a time, beating until blended.
- Add buttermilk and vanilla, beating until blended. Fold in preserves and pecans.
- Spoon batter into 2 lightly greased (12-cup) muffin pans, filling 20 muffin cups about three-fourths full.
- Bake at 350 for 15 to 18 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 5 minutes. Invert cakes onto wire racks. Cool 15 minutes.
- Drizzle cakes with Buttermilk Glaze. Cool 10 minutes. Pipe Vanilla Hard Sauce onto warm cakes, and serve.

Nutrition Facts



PROTEIN 6.72% FAT 27.35% CARBS 65.93%

Properties

Glycemic Index:20.47, Glycemic Load:24.34, Inflammation Score:-2, Nutrition Score:5.4460870390353%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 230.62kcal (11.53%), Fat: 7g (10.77%), Saturated Fat: 1.3g (8.11%), Carbohydrates: 37.97g (12.66%), Net Carbohydrates: 36.92g (13.42%), Sugar: 21.72g (24.13%), Cholesterol: 38.96mg (12.99%), Sodium: 264.73mg (11.51%), Alcohol: 0.44g (100%), Alcohol %: 0.6% (100%), Protein: 3.87g (7.74%), Manganese: 0.38mg (18.95%), Selenium: 9.83µg (14.04%), Vitamin B1: 0.17mg (11.13%), Vitamin B2: 0.18mg (10.31%), Folate: 38.41µg (9.6%), Iron: 1.15mg (6.37%), Phosphorus: 63.69mg (6.37%), Vitamin K: 5.82µg (5.55%), Vitamin B3: 1.06mg (5.3%), Copper: 0.09mg (4.63%), Fiber: 1.05g (4.2%), Calcium: 34.37mg (3.44%), Vitamin B5: 0.32mg (3.2%), Zinc: 0.47mg (3.16%), Vitamin E: 0.44mg (2.95%), Magnesium: 11.65mg (2.91%), Vitamin D: 0.41µg (2.72%), Vitamin B12: 0.16µg (2.71%), Potassium: 82.52mg (2.36%), Vitamin B6: 0.04mg (2.06%), Vitamin A: 82.95IU (1.66%), Vitamin C: 1.36mg (1.64%)