



WHATSheATE



Cook the Book: Apricot Cake



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



576 kcal

DESSERT

Ingredients

- ☐ 1.8 pounds apricots
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup butter generous for greasing (2 sticks)
- ☐ 4 eggs lightly beaten
- ☐ 0.3 cup pistachios chopped
- ☐ 1.3 cups caster sugar

Equipment

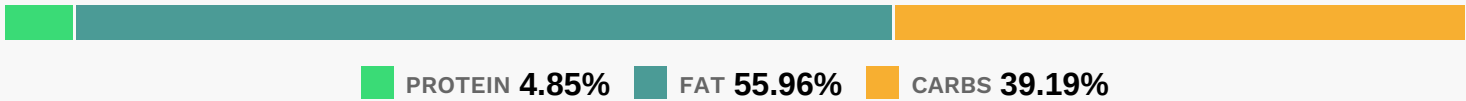
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ cake form

Directions

- ☐ Preheat the oven to 375°F. Grease and flour a 9-inch cake pan.
- ☐ Put the apricots in a bowl, pour in boiling water to cover, and let stand for 15 seconds, then drain. Peel off the skins, halve, and remove the pits, then cut each half into 2 pieces.
- ☐ Beat together the butter and sugar in a bowl until creamy, then fold in the eggs, one at a time.
- ☐ Sift the flour over the mixture and stir in, then stir in the apricots. Dissolve the baking powder a little lukewarm water and add to the mixture.
- ☐ Pour the batter into the prepared pan, sprinkle with the pistachios, and bake fore 1 hour, until risen and golden.
- ☐ Let stand in the pan for 5 minutes, then transfer to a wire rack to cool.

Nutrition Facts



Properties

Glycemic Index:45.29, Glycemic Load:34.66, Inflammation Score:-9, Nutrition Score:12.472173929214%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 5.1mg, Catechin: 5.1mg, Catechin: 5.1mg, Catechin: 5.1mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 6.33mg, Epicatechin: 6.33mg, Epicatechin: 6.33mg, Epicatechin: 6.33mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 576.24kcal (28.81%), Fat: 37.22g (57.27%), Saturated Fat: 20.78g (129.87%), Carbohydrates: 58.67g (19.56%), Net Carbohydrates: 55.32g (20.11%), Sugar: 54.46g (60.51%), Cholesterol: 190.46mg (63.49%), Sodium: 428.06mg (18.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.25g (14.51%), Vitamin A: 3680.27IU

(73.61%), Vitamin E: 2.52mg (16.8%), Vitamin C: 13.61mg (16.5%), Phosphorus: 160.29mg (16.03%), Selenium: 10.25µg (14.64%), Fiber: 3.35g (13.41%), Potassium: 463.35mg (13.24%), Vitamin B2: 0.22mg (12.86%), Calcium: 128.64mg (12.86%), Vitamin B6: 0.24mg (11.93%), Copper: 0.22mg (10.81%), Manganese: 0.19mg (9.69%), Vitamin B5: 0.84mg (8.44%), Iron: 1.47mg (8.18%), Folate: 30.31µg (7.58%), Vitamin B1: 0.11mg (7.52%), Vitamin K: 7.1µg (6.76%), Magnesium: 26.13mg (6.53%), Zinc: 0.83mg (5.54%), Vitamin B12: 0.33µg (5.42%), Vitamin B3: 0.92mg (4.6%), Vitamin D: 0.59µg (3.91%)