



Fig Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



449 kcal

DESSERT

Ingredients

- 0.5 cup apple sauce
- 1 teaspoon baking soda
- 0.5 cup buttermilk
- 3 large eggs
- 1.5 cups fig preserves
- 10 servings garnishes: figs dried fresh
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon

- 0.5 teaspoon ground cloves
- 0.5 teaspoon ground nutmeg
- 1 cup pecans toasted chopped
- 1 teaspoon salt
- 1 cup sugar
- 1 teaspoon vanilla extract
- 1 cup vegetable oil

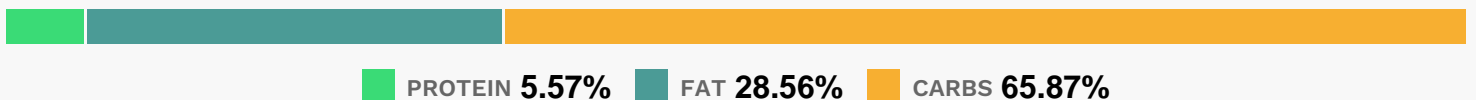
Equipment

- oven
- hand mixer

Directions

- Beat first 3 ingredients at medium speed with an electric mixer until blended.
- Add buttermilk and vanilla; beat well.
- Combine flour and next 5 ingredients; gradually add to buttermilk mixture, beating until blended. Fold in fig preserves, applesauce, and toasted pecans. (Batter will be thin.)
- Pour batter into 2 greased and floured 8-inch round cakepans.
- Bake at 350 for 35 to 40 minutes or until a wooden pick inserted in center comes out clean. Cool on wire racks 10 minutes; remove from pans, and cool completely on wire racks.
- Spread Cream Cheese Frosting between layers and on top and sides of cake. Store in refrigerator.
- Garnish, if desired.
- Note: For testing purposes only, we used Braswell's Pure Fig Preserves. Coarsely chop figs, if necessary.

Nutrition Facts



Properties

Glycemic Index:37.71, Glycemic Load:45.52, Inflammation Score:-4, Nutrition Score:10.885652148205%

Flavonoids

Cyanidin: 1.42mg, Cyanidin: 1.42mg, Cyanidin: 1.42mg, Cyanidin: 1.42mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 448.73kcal (22.44%), Fat: 14.58g (22.43%), Saturated Fat: 2.14g (13.37%), Carbohydrates: 75.66g (25.22%), Net Carbohydrates: 71.83g (26.12%), Sugar: 46.78g (51.98%), Cholesterol: 57.12mg (19.04%), Sodium: 388.43mg (16.89%), Alcohol: 0.14g (100%), Alcohol %: 0.09% (100%), Protein: 6.4g (12.79%), Manganese: 0.85mg (42.32%), Vitamin B1: 0.32mg (21.26%), Selenium: 14.88µg (21.26%), Vitamin B2: 0.29mg (16.8%), Folate: 62.97µg (15.74%), Fiber: 3.84g (15.34%), Copper: 0.26mg (12.82%), Iron: 2.12mg (11.8%), Phosphorus: 111.56mg (11.16%), Vitamin K: 11.17µg (10.64%), Vitamin B3: 1.86mg (9.28%), Magnesium: 32.51mg (8.13%), Potassium: 262.51mg (7.5%), Zinc: 1.02mg (6.79%), Vitamin B6: 0.13mg (6.56%), Vitamin B5: 0.64mg (6.42%), Calcium: 61.5mg (6.15%), Vitamin E: 0.82mg (5.46%), Vitamin C: 4.21mg (5.1%), Vitamin A: 182.29IU (3.65%), Vitamin B12: 0.19µg (3.15%), Vitamin D: 0.46µg (3.04%)