



Fruit-Topped Almond Cake

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



383 kcal

DESSERT

Ingredients

- ☐ 1.7 cups cake mix yellow
- ☐ 0.5 cup water
- ☐ 0.5 cup slivered almonds finely
- ☐ 3 tablespoons vegetable oil
- ☐ 0.5 teaspoon almond extract
- ☐ 2 eggs
- ☐ 3 cups blackberries fresh assorted (such as raspberries, blueberries and blackberries)
- ☐ 0.8 cup apricot preserves

- ☐ 3 tablespoons apple juice
- ☐ 3 tablespoons almonds toasted sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ cake form
- ☐ serrated knife

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Generously spray bottom and side of 8- or 9-inch round cake pan with baking spray with flour.
- ☐ In large bowl, beat cake ingredients with electric mixer on low speed until moistened, then on medium speed 2 minutes, scraping bowl occasionally.
- ☐ Pour into pan.
- ☐ Bake and cool as directed on box for 8- or 9-inch rounds.
- ☐ Place berries in medium bowl. In 1-quart saucepan, heat preserves and apple juice to boiling, stirring frequently.
- ☐ Pour over berries; toss berries until coated with preserves mixture.
- ☐ Let stand 5 minutes.
- ☐ Gently cut off any dome from top of cake, using serrated knife, to make top level. On serving plate, place cake, sliced side down. Arrange berries on cake; drizzle with syrup remaining in bowl.
- ☐ Sprinkle with sliced almonds. Store leftover cake covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:10.72, Glycemic Load:0.93, Inflammation Score:-6, Nutrition Score:12.492173733919%

Flavonoids

Cyanidin: 54.23mg, Cyanidin: 54.23mg, Cyanidin: 54.23mg, Cyanidin: 54.23mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 20.29mg, Catechin: 20.29mg, Catechin: 20.29mg, Catechin: 20.29mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 2.91mg, Epicatechin: 2.91mg, Epicatechin: 2.91mg, Epicatechin: 2.91mg Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 383.2kcal (19.16%), Fat: 13.07g (20.11%), Saturated Fat: 2.33g (14.57%), Carbohydrates: 63.11g (21.04%), Net Carbohydrates: 58.26g (21.19%), Sugar: 34.67g (38.52%), Cholesterol: 40.92mg (13.64%), Sodium: 384.95mg (16.74%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Protein: 6.35g (12.69%), Manganese: 0.7mg (34.98%), Vitamin E: 4.34mg (28.9%), Phosphorus: 238.04mg (23.8%), Vitamin K: 21.53µg (20.51%), Fiber: 4.84g (19.38%), Vitamin B2: 0.3mg (17.88%), Vitamin C: 13.34mg (16.17%), Calcium: 159.42mg (15.94%), Folate: 57.03µg (14.26%), Copper: 0.27mg (13.3%), Magnesium: 46.75mg (11.69%), Iron: 2.06mg (11.44%), Vitamin B1: 0.15mg (10.12%), Vitamin B3: 1.89mg (9.46%), Selenium: 5.95µg (8.5%), Potassium: 225.92mg (6.45%), Zinc: 0.9mg (6.03%), Vitamin B5: 0.55mg (5.54%), Vitamin B6: 0.09mg (4.64%), Vitamin A: 220.59IU (4.41%), Vitamin B12: 0.15µg (2.45%), Vitamin D: 0.22µg (1.47%)