



Gluten-Free Sticky Pecan Caramel Fig Cakes

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



168 kcal

DESSERT

Ingredients

- 1 cup brown sugar packed
- 1 cup pecans chopped
- 0.5 teaspoon salt
- 1 cup butter softened
- 15 oz betty crocker's cake mix gluten free yellow
- 1 teaspoon ground cinnamon
- 1 teaspoon nutmeg
- 0.7 cup water

- 3 eggs
- 1 cup let set min. spread

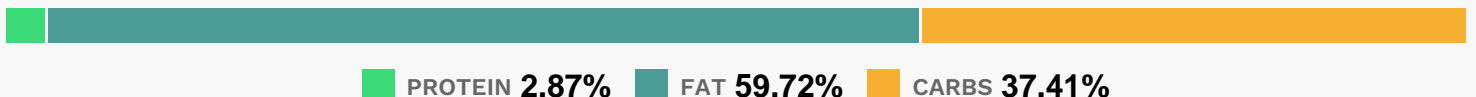
Equipment

- bowl
- frying pan
- oven
- wire rack
- blender
- hand mixer
- muffin liners

Directions

- Heat oven to 350°F. Grease 24 regular-size muffin cups with shortening.
- In large bowl, place brown sugar, pecans and salt. Using pastry blender or fork, cut in 1/2 cup of the butter until mixture is crumbly.
- Place about 1 tablespoon of the crumbly mixture in bottom of each muffin cup; press gently to flatten.
- In large bowl, beat cake mix, cinnamon, nutmeg, the remaining 1/2 cup butter, water and eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- Add preserves; beat 30 seconds. Spoon about 1/4 cup cake batter over crumbly mixture in each muffin cup.
- Bake 20 to 25 minutes or until cake is golden brown.
- Remove from oven; immediately place cooling rack over top of pan. Turn upside down to release cakes.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:7.92, Glycemic Load:3.52, Inflammation Score:-2, Nutrition Score:2.3221739245498%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 168.49kcal (8.42%), Fat: 11.5g (17.69%), Saturated Fat: 5.34g (33.36%), Carbohydrates: 16.21g (5.4%), Net Carbohydrates: 15.61g (5.68%), Sugar: 13.65g (15.17%), Cholesterol: 40.8mg (13.6%), Sodium: 122.98mg (5.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.49%), Manganese: 0.23mg (11.63%), Vitamin A: 268.94IU (5.38%), Copper: 0.07mg (3.72%), Selenium: 2.26µg (3.22%), Phosphorus: 28.11mg (2.81%), Vitamin B2: 0.04mg (2.44%), Fiber: 0.6g (2.4%), Vitamin E: 0.35mg (2.36%), Vitamin B1: 0.03mg (2.3%), Zinc: 0.3mg (1.98%), Magnesium: 7.81mg (1.95%), Calcium: 19.22mg (1.92%), Iron: 0.33mg (1.85%), Vitamin B5: 0.15mg (1.48%), Potassium: 48.52mg (1.39%), Folate: 5.05µg (1.26%), Vitamin B6: 0.03mg (1.25%), Vitamin B12: 0.06µg (1.08%), Vitamin C: 0.88mg (1.06%)