



Hazelnut-Brown Butter Cakes with Figs

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



506 kcal

DESSERT

Ingredients

- ☐ 0.3 lb butter
- ☐ 6 large egg whites at room temperature
- ☐ 12 firm-ripe figs rinsed ends trimmed sliced lengthwise
- ☐ 0.5 cup flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 4 oz hazelnuts
- ☐ 1 teaspoon lemon zest grated

- ☐ 0.3 cup powdered sugar
- ☐ 0.5 teaspoon salt

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ ramekin
- ☐ toothpicks
- ☐ muffin liners

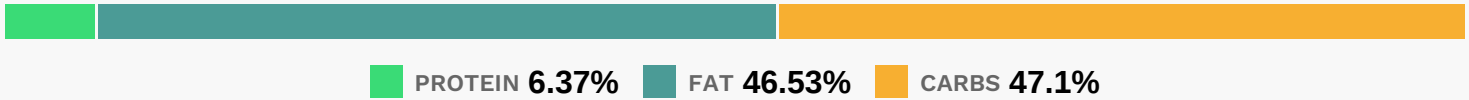
Directions

- ☐ Butter and flour six ramekins or muffin cups (1-cup size). In a 5- to 6-quart pan over high heat, melt 1/2 cup butter; stir often until butter is golden brown with dark brown flecks, 3 to 5 minutes.
- ☐ Remove at once from heat and let stand until just warm, 15 to 20 minutes.
- ☐ Meanwhile, place hazelnuts in an 8- or 9-inch-wide pan and bake in a 350 regular or convection oven until golden beneath skins, about 10 minutes.
- ☐ Pour onto a clean linen towel and let stand until cool enough to handle, then rub nuts in towel to remove loose skins.
- ☐ In a food processor, whirl nuts with flour, 1/2 cup granulated sugar, lemon peel, salt, and cinnamon until finely ground.
- ☐ In a large bowl, with a mixer on high speed, whip egg whites until frothy. Gradually add remaining 1/4 cup granulated sugar and continue to whip until mixture holds soft peaks. Gently stir in nut mixture. Gradually add brown butter, stirring until well blended. Spoon batter equally into ramekins. Overlap fig slices on tops in a circular pattern.
- ☐ Bake in a 350 regular or convection oven until cakes are lightly browned and a toothpick inserted in the center comes out clean, about 30 minutes (25 minutes in convection oven).

Set cakes on a rack to cool for 10 to 15 minutes.

- ☐
- To remove cakes from ramekins, run a thin-bladed knife between each cake and ramekin to loosen; invert to unmold, then set upright.
- ☐
- Serve warm or at room temperature.
- ☐
- Sprinkle with powdered sugar just before serving.

Nutrition Facts



Properties

Glycemic Index:46.02, Glycemic Load:33.35, Inflammation Score:-6, Nutrition Score:13.198695504147%

Flavonoids

Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 506.03kcal (25.3%), Fat: 27.36g (42.09%), Saturated Fat: 10.63g (66.46%), Carbohydrates: 62.3g (20.77%), Net Carbohydrates: 57.16g (20.79%), Sugar: 48.88g (54.31%), Cholesterol: 40.63mg (13.54%), Sodium: 371.72mg (16.16%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 8.43g (16.86%), Manganese: 1.4mg (70.03%), Vitamin E: 3.39mg (22.63%), Copper: 0.42mg (21.05%), Fiber: 5.14g (20.55%), Vitamin B1: 0.27mg (17.72%), Vitamin B2: 0.28mg (16.5%), Selenium: 11.17µg (15.96%), Magnesium: 54.26mg (13.57%), Vitamin A: 618.74IU (12.37%), Potassium: 431.91mg (12.34%), Folate: 48.36µg (12.09%), Vitamin B6: 0.23mg (11.35%), Iron: 1.81mg (10.04%), Phosphorus: 89.69mg (8.97%), Vitamin K: 8.79µg (8.37%), Vitamin B3: 1.4mg (7.01%), Calcium: 67.51mg (6.75%), Vitamin B5: 0.6mg (6.04%), Zinc: 0.72mg (4.8%), Vitamin C: 3.63mg (4.4%), Vitamin B12: 0.06µg (1.03%)