



Little Apricot Cakes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



132 kcal

DESSERT

Ingredients

- ☐ 2 apricots pitted halved cut into 1/4" wedges
- ☐ 1.5 teaspoon double-acting baking powder
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 2 tablespoons sugar raw
- ☐ 0.3 cup sugar

- ☐ 6 tablespoons butter unsalted room temperature ()
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup milk whole

Equipment

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

Directions

- ☐ Preheat oven to 350°. Coat muffin cups with nonstick spray.
- ☐ Whisk flour, baking powder, and salt in a medium bowl. Using an electric mixer, beat butter and sugar in another medium bowl, occasionally scraping down sides of bowl, until light and fluffy, about 2 minutes.
- ☐ Add egg, lemon zest, and vanilla and beat until combined.
- ☐ With mixer on low speed, add dry ingredients in 3 additions alternately with milk in 2 additions, beginning and ending with dry ingredients. Divide batter among muffin cups (cups will be only 1/3 full) and smooth tops. Top with apricot slices and sprinkle with raw sugar.
- ☐ Bake until cakes are golden and a tester inserted into the centers comes out clean, 20–25 minutes.
- ☐ Transfer pan to a wire rack; let pan cool 5 minutes.
- ☐ Transfer cakes to rack and let cool completely.
- ☐ DO AHEAD: Cakes can be made 1 day ahead. Store airtight at room temperature.

Nutrition Facts



 PROTEIN 5.94%  FAT 43.7%  CARBS 50.36%

Properties

Glycemic Index:26.4, Glycemic Load:10.1, Inflammation Score:-3, Nutrition Score:2.8352173748224%

Flavonoids

Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 131.6kcal (6.58%), Fat: 6.43g (9.9%), Saturated Fat: 3.87g (24.19%), Carbohydrates: 16.68g (5.56%), Net Carbohydrates: 16.27g (5.92%), Sugar: 8.49g (9.43%), Cholesterol: 31.36mg (10.45%), Sodium: 111.13mg (4.83%), Alcohol: 0.11g (100%), Alcohol %: 0.34% (100%), Protein: 1.97g (3.93%), Selenium: 5.05µg (7.22%), Vitamin A: 320.84IU (6.42%), Vitamin B1: 0.09mg (5.96%), Folate: 21.78µg (5.44%), Vitamin B2: 0.09mg (5.06%), Calcium: 44.64mg (4.46%), Phosphorus: 40.38mg (4.04%), Manganese: 0.08mg (3.97%), Iron: 0.65mg (3.6%), Vitamin B3: 0.67mg (3.33%), Vitamin E: 0.27mg (1.79%), Vitamin D: 0.26µg (1.75%), Fiber: 0.42g (1.67%), Vitamin B5: 0.16mg (1.57%), Vitamin B12: 0.09µg (1.43%), Potassium: 45.41mg (1.3%), Copper: 0.02mg (1.24%), Zinc: 0.17mg (1.16%), Magnesium: 4.57mg (1.14%)