



Shortcut Apricot Upside-Down Cake

READY IN



45 min.

SERVINGS



8

CALORIES



191 kcal

DESSERT

Ingredients

- 16.5 ounce apricot halves in syrup light undrained canned
- 0.3 cup firmly brown sugar light packed
- 1 large eggs
- 1 teaspoon lemon rind grated
- 1 tablespoon butter light melted
- 1 teaspoon vanilla extract
- 9 ounce duncan hines classic decadent cake mix yellow

Equipment

- bowl
- frying pan
- paper towels
- oven
- knife
- wire rack
- blender
- cake form
- spatula

Directions

- Preheat oven to 35
- Coat bottom of a 9-inch round cake pan with 1 tablespoon melted butter; sprinkle brown sugar over butter.
- Drain apricots, reserving 1/2 cup liquid; pat apricots dry with paper towels. Arrange apricots, cut sides up, in pan.
- Combine cake mix, egg, apricot liquid, lemon rind, and vanilla in a bowl. Beat with a mixer at medium speed 2 minutes.
- Pour batter over apricots in pan.
- Bake at 350 for 32 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 5 minutes on a wire rack. Loosen cake from sides of pan using a knife or narrow spatula; invert cake onto a plate.

Nutrition Facts



PROTEIN 5.88% FAT 12.4% CARBS 81.72%

Properties

Glycemic Index:5.21, Glycemic Load:2.22, Inflammation Score:-7, Nutrition Score:5.8100000334823%

Flavonoids

Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg Epicatechin: 2.77mg, Epicatechin: 2.77mg, Epicatechin: 2.77mg, Epicatechin: 2.77mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 190.79kcal (9.54%), Fat: 2.67g (4.11%), Saturated Fat: 1.33g (8.31%), Carbohydrates: 39.67g (13.22%), Net Carbohydrates: 38.09g (13.85%), Sugar: 25.97g (28.86%), Cholesterol: 25.1mg (8.37%), Sodium: 244.26mg (10.62%), Alcohol: 0.17g (100%), Alcohol %: 0.21% (100%), Protein: 2.86g (5.71%), Vitamin A: 1189.74IU (23.79%), Phosphorus: 125.62mg (12.56%), Calcium: 85.33mg (8.53%), Folate: 30.01µg (7.5%), Vitamin B2: 0.13mg (7.5%), Vitamin C: 6.17mg (7.48%), Fiber: 1.58g (6.31%), Vitamin B1: 0.09mg (6.27%), Vitamin E: 0.91mg (6.05%), Iron: 1.07mg (5.95%), Manganese: 0.11mg (5.66%), Vitamin B3: 1.1mg (5.52%), Potassium: 186.58mg (5.33%), Selenium: 3.04µg (4.34%), Copper: 0.08mg (3.84%), Vitamin B5: 0.36mg (3.62%), Vitamin B6: 0.07mg (3.52%), Vitamin K: 2.96µg (2.82%), Magnesium: 10.59mg (2.65%), Zinc: 0.29mg (1.94%), Vitamin B12: 0.09µg (1.5%)