



Walnut-Apricot Pound Cake

 Vegetarian

READY IN



255 min.

SERVINGS



24

CALORIES



311 kcal

DESSERT

Ingredients

- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon salt
- ☐ 2 cups granulated sugar
- ☐ 1.3 cups butter softened
- ☐ 1 teaspoon vanilla
- ☐ 5 eggs
- ☐ 0.5 cup milk

- ☐ 0.5 cup all-natural apricot nectar
- ☐ 9 oz apricot dried chopped
- ☐ 1 cup walnut pieces chopped
- ☐ 1 cup powdered sugar
- ☐ 2 tablespoons butter softened
- ☐ 0.5 teaspoon vanilla
- ☐ 4 teaspoons all-natural apricot nectar

Equipment

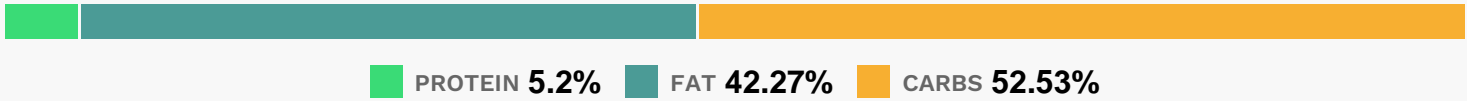
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Heat oven to 325°F. Spray 10-inch angel food (tube) cake pan with baking spray with flour. Wrap foil around bottom of pan to prevent leaking.
- ☐ In medium bowl, mix flour, baking powder and salt; set aside. In large bowl, beat granulated sugar, 1 1/4 cups butter, 1 teaspoon vanilla and the eggs with electric mixer on low speed 30 seconds. Beat on high speed 5 minutes, scraping bowl occasionally. On low speed, beat in flour mixture alternately with milk and 1/2 cup apricot nectar.
- ☐ Set aside 2 tablespoons of the apricots for topping along with 1/4 cup of the walnuts. Stir remaining apricots and walnuts into batter.
- ☐ Spread in pan.

- ☐ Bake 1 hour 30 minutes or until toothpick inserted in center comes out clean. Cool 20minutes.
- ☐ Remove cake from pan to cooling rack. Cool completely, about 2 hours.
- ☐ In small bowl, mix powdered sugar, 2 tablespoons butter and 1/2 teaspoon vanilla. Using whisk, mix in 4 to 6 teaspoons apricot nectar, 1 teaspoon at a time, until smooth and consistency of thick syrup.
- ☐ Drizzle glaze over top of cake; spread with spatula or back of spoon, letting some glaze drizzle down side.
- ☐ Sprinkle reserved apricots and walnuts on top of cake.

Nutrition Facts



Properties

Glycemic Index:17.85, Glycemic Load:22.43, Inflammation Score:-6, Nutrition Score:6.3165217638016%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 311.49kcal (15.57%), Fat: 15.04g (23.13%), Saturated Fat: 7.39g (46.16%), Carbohydrates: 42.05g (14.02%), Net Carbohydrates: 40.52g (14.73%), Sugar: 28.46g (31.62%), Cholesterol: 62.64mg (20.88%), Sodium: 142.61mg (6.2%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Protein: 4.16g (8.32%), Vitamin A: 846.09IU (16.92%), Manganese: 0.3mg (15.21%), Selenium: 8.94µg (12.77%), Vitamin B1: 0.15mg (10.11%), Folate: 39.19µg (9.8%), Vitamin B2: 0.15mg (8.88%), Iron: 1.35mg (7.49%), Copper: 0.15mg (7.3%), Phosphorus: 71.66mg (7.17%), Vitamin B3: 1.28mg (6.4%), Vitamin E: 0.93mg (6.19%), Fiber: 1.53g (6.12%), Potassium: 189.83mg (5.42%), Magnesium: 16.89mg (4.22%), Calcium: 38.19mg (3.82%), Vitamin B6: 0.07mg (3.48%), Vitamin B5: 0.33mg (3.31%), Zinc: 0.46mg (3.04%), Vitamin C: 1.97mg (2.38%), Vitamin B12: 0.13µg (2.19%), Vitamin D: 0.24µg (1.6%), Vitamin K: 1.53µg (1.46%)