



Almond Cake

READY IN



45 min.

SERVINGS



8

CALORIES



295 kcal

DESSERT

Ingredients

- 2 ounces almonds divided toasted sliced chopped
- 0.3 cup amaretto (almond-flavored liqueur)
- 2 teaspoons double-acting baking powder
- 2 large eggs lightly beaten
- 0.3 cup milk fat-free
- 1.5 cups flour all-purpose
- 0.5 teaspoon salt
- 0.3 cup stick margarine melted
- 0.8 cup sugar

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- cake form
- measuring cup

Directions

- Preheat oven to 350
- Lightly spoon the flour into dry measuring cups, and level with a knife.
- Combine flour, sugar, 1/4 cup almonds, baking powder, and salt in a large bowl; stir well with a whisk.
- Combine milk, butter, amaretto, and eggs; add to flour mixture, stirring just until moist.
- Spoon the batter into a 9-inch round cake pan coated with cooking spray.
- Sprinkle batter with remaining almonds.
- Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool cake 10 minutes in pan on a wire rack.
- Remove from pan. Cool completely on wire rack.
- Note: The Almond Cake freezes well.
- Bake it ahead, cool completely, and store in a freezer bag. To serve, thaw at room temperature.

Nutrition Facts



PROTEIN 8.12% **FAT 34.43%** **CARBS 57.45%**

Properties

Glycemic Index:35.04, Glycemic Load:26.47, Inflammation Score:-4, Nutrition Score:7.6126086554773%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 295.42kcal (14.77%), Fat: 10.99g (16.92%), Saturated Fat: 1.94g (12.14%), Carbohydrates: 41.27g (13.76%), Net Carbohydrates: 39.75g (14.46%), Sugar: 21.89g (24.32%), Cholesterol: 46.73mg (15.58%), Sodium: 343.27mg (14.92%), Alcohol: 1.92g (100%), Alcohol %: 2.84% (100%), Protein: 5.84g (11.67%), Selenium: 12.36µg (17.66%), Manganese: 0.33mg (16.4%), Vitamin B2: 0.27mg (15.94%), Vitamin E: 2.19mg (14.59%), Vitamin B1: 0.21mg (13.92%), Folate: 52.11µg (13.03%), Phosphorus: 116.4mg (11.64%), Calcium: 101.02mg (10.1%), Iron: 1.69mg (9.41%), Vitamin B3: 1.67mg (8.36%), Vitamin A: 347.65IU (6.95%), Magnesium: 27.43mg (6.86%), Fiber: 1.52g (6.08%), Copper: 0.12mg (6.02%), Zinc: 0.59mg (3.9%), Vitamin B5: 0.36mg (3.61%), Potassium: 112.99mg (3.23%), Vitamin B12: 0.16µg (2.72%), Vitamin B6: 0.05mg (2.32%), Vitamin D: 0.33µg (2.23%)