



Almond Citrus Olive Oil Cake

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



377 kcal

DESSERT

Ingredients

- ☐ 0.7 cup almonds crumbled toasted sliced
- ☐ 2 teaspoons double-acting baking powder
- ☐ 3 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 2 pink grapefruits
- ☐ 2 teaspoons lemon zest
- ☐ 0.8 cup olive oil extra-virgin
- ☐ 0.8 teaspoon orange blossom water

- ☐ 2 tablespoons orange peel grated
- ☐ 2 teaspoons orange zest
- ☐ 3 oranges
- ☐ 8 servings powdered sugar for sifting
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.3 cup milk whole

Equipment

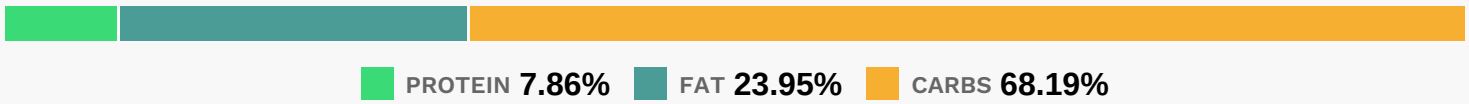
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer
- ☐ cake form

Directions

- ☐ Watch how to make this recipe.
- ☐ To make the cake: Preheat the oven to 350 degrees F. Lightly oil an 8-inch-diameter cake pan.
- ☐ Whisk the flour, baking powder, and salt in a medium bowl to blend. Using an electric mixer, beat the sugar, eggs, and zests in a large bowl until pale and fluffy. Beat in the milk. Gradually beat in the oil.
- ☐ Add the flour mixture and stir just until blended. Stir in the almonds.
- ☐ Transfer the batter to the prepared pan.
- ☐ Place cake pan on baking pan to collect any possible spills.
- ☐ Bake until a tester inserted into the center of the cake comes out with moist crumbs attached, about 35 minutes.
- ☐ Transfer to a rack and cool for 15 minutes.

- ☐
- Remove cake and place on serving platter, top side up. Sift powdered sugar over the cake.
- ☐
- To make the citrus compote: Stir the orange peel, blossom water, and 2 tablespoons of accumulated juices from the segmented fruit in a small bowl to blend. Arrange the orange and grapefruit segments decoratively in a wide shallow bowl.
- ☐
- Pour the blossom water mixture over. Cover and let stand 15 minutes for the flavors to blend.
- ☐
- Cut the cake into wedges and spoon the citrus compote alongside.

Nutrition Facts



Properties

Glycemic Index:44.07, Glycemic Load:34.27, Inflammation Score:-8, Nutrition Score:13.854782488035%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 13.61mg, Hesperetin: 13.61mg, Hesperetin: 13.61mg, Hesperetin: 13.61mg Naringenin: 28.45mg, Naringenin: 28.45mg, Naringenin: 28.45mg, Naringenin: 28.45mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 376.94kcal (18.85%), Fat: 10.37g (15.95%), Saturated Fat: 1.64g (10.23%), Carbohydrates: 66.42g (22.14%), Net Carbohydrates: 62.36g (22.68%), Sugar: 42.63g (47.37%), Cholesterol: 70.67mg (23.56%), Sodium: 281.99mg (12.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.65g (15.3%), Vitamin C: 49.47mg (59.96%), Selenium: 14.69µg (20.99%), Vitamin B2: 0.35mg (20.43%), Folate: 78.8µg (19.7%), Vitamin E: 2.94mg (19.59%), Vitamin A: 968.86IU (19.38%), Vitamin B1: 0.28mg (18.96%), Manganese: 0.37mg (18.44%), Fiber: 4.06g (16.24%), Phosphorus: 147.8mg (14.78%), Calcium: 140.86mg (14.09%), Iron: 1.97mg (10.95%), Magnesium: 40.48mg (10.12%), Vitamin B3: 1.97mg (9.86%), Copper: 0.17mg (8.69%), Potassium: 299.87mg (8.57%), Vitamin B5: 0.76mg (7.56%), Vitamin B6: 0.13mg (6.26%), Zinc: 0.77mg (5.1%), Vitamin B12: 0.21µg (3.47%), Vitamin D: 0.46µg (3.06%), Vitamin K: 2.59µg (2.46%)