



Almond Cornmeal Cake with Peach and Berry Compote

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



480 kcal

DESSERT

Ingredients

- 0.8 teaspoon double-acting baking powder
- 0.7 cup blanched almonds and whole
- 3 large eggs
- 0.3 cup flour all-purpose
- 6 servings poached berries
- 0.5 teaspoon salt
- 0.8 cup sugar

- 1.3 sticks butter unsalted softened ()
- 0.8 teaspoon vanilla
- 0.8 cup cornmeal yellow

Equipment

- food processor
- bowl
- oven
- knife
- whisk
- loaf pan
- hand mixer
- wax paper

Directions

- Preheat oven to 325°F and butter an 8 1/2- by 4 1/2- by 3-inch loaf pan. Put a 24- by 3 1/2- inch strip of wax paper lengthwise down center of pan (to facilitate unmolding), leaving an overhang on each end.
- Whisk together cornmeal, flour, baking powder, and salt.
- Finely grind almonds with 1/4 cup sugar in a food processor and stir into cornmeal mixture.
- Beat butter and remaining 1/2 cup sugar in a large bowl with an electric mixer at medium speed until combined well. Beat in eggs 1 at a time until just blended, then beat in vanilla. (
- Mixture will look curdled.)
- Add cornmeal mixture and stir and fold until just combined.
- Transfer batter to loaf pan, smoothing top, and bake in middle of oven until a tester comes out clean, about 1 hour. Cool cake in pan on a rack 5 minutes. Loosen edges with a knife, then use strips to carefully lift cake from pan onto rack.

Nutrition Facts



■ PROTEIN 7.18% ■ FAT 55.03% ■ CARBS 37.79%

Properties

Glycemic Index:50.93, Glycemic Load:29.1, Inflammation Score:-6, Nutrition Score:10.455217357482%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 480.23kcal (24.01%), Fat: 30.07g (46.27%), Saturated Fat: 13.64g (85.25%), Carbohydrates: 46.47g (15.49%), Net Carbohydrates: 43.06g (15.66%), Sugar: 26.17g (29.08%), Cholesterol: 143.61mg (47.87%), Sodium: 288.72mg (12.55%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Protein: 8.82g (17.65%), Vitamin E: 4.19mg (27.92%), Manganese: 0.43mg (21.49%), Phosphorus: 183.39mg (18.34%), Selenium: 11.47µg (16.38%), Vitamin B2: 0.27mg (15.93%), Magnesium: 63.36mg (15.84%), Vitamin A: 724.74IU (14.49%), Fiber: 3.41g (13.65%), Copper: 0.22mg (11.13%), Iron: 1.81mg (10.03%), Zinc: 1.41mg (9.42%), Vitamin B1: 0.14mg (9.24%), Vitamin B6: 0.18mg (8.97%), Folate: 35.62µg (8.91%), Calcium: 84.29mg (8.43%), Vitamin B3: 1.32mg (6.6%), Vitamin B5: 0.6mg (5.95%), Potassium: 203.17mg (5.8%), Vitamin D: 0.85µg (5.69%), Vitamin B12: 0.26µg (4.38%), Vitamin K: 1.94µg (1.85%)