



Almond Plum Cake with Creme Fraiche

READY IN



45 min.

SERVINGS



6

CALORIES



565 kcal

DESSERT

Ingredients

- 9 oz almond paste
- 1 teaspoon double-acting baking powder
- 15 grams butter
- 1 cup cake flour
- 6 servings crème fraîche for serving
- 6 eggs at room temperature
- 1.3 cup granulated sugar
- 12 oz plums pitted halved cut into ½ inch wedges
- 0.3 teaspoon salt

- 1 vanilla pod split for another use
- 1 teaspoon vanilla extract pure

Equipment

- bowl
- frying pan
- oven
- knife
- blender
- toothpicks

Directions

- . Preheat the oven at 35
- Butter and flour a 9-inch spring form pan. In a small bowl, mix the cake flour with the baking powder and salt.
- In a bowl of a standing mixer fitted with a paddle, beat the sugar with the almond paste until crumbly.
- Add the butter and beat t high speed until light in color and fluffy, about 2 minutes.
- Add the eggs, one at the a time, beating until fully incorporated between additions. Beat the vanilla extract and vanilla seeds. Gently fold in the flour mixture until fully incorporated.
- Scrape the batter into the prepared pan. Arrange the plums over the top of the batter.
- Bake for 1 hour and 5 minutes, or until the cake is deeply golden and a toothpick inserted in the center comes out clean.
- Transfer the cake to a rack and let cool for 15 minutes. Run a knife around the edge of the cake and remove the outside ring of the pan.
- Let the cake cool for at least 30 minutes longer.
- Serve warm or at room temperature topped with crme fraiche and slivered almonds. Make ahead: The cake can be made one day ahead and stored in an airtight container at room temperature.

Nutrition Facts



■ PROTEIN **8.69%** ■ FAT **32.77%** ■ CARBS **58.54%**

Properties

Glycemic Index:52.96, Glycemic Load:41.24, Inflammation Score:-6, Nutrition Score:14.171739130435%

Flavonoids

Cyanidin: 3.19mg, Cyanidin: 3.19mg, Cyanidin: 3.19mg, Cyanidin: 3.19mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Taste

Sweetness: 100%, Saltiness: 20.44%, Sourness: 13.8%, Bitterness: 12.05%, Savoriness: 13.01%, Fattiness: 34.17%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 565.3kcal (28.27%), Fat: 21.08g (32.43%), Saturated Fat: 5.05g (31.58%), Carbohydrates: 84.75g (28.25%), Net Carbohydrates: 81.42g (29.61%), Sugar: 63.32g (70.36%), Cholesterol: 176.14mg (58.71%), Sodium: 254.56mg (11.07%), Alcohol: 0.23g (1.27%), Protein: 12.58g (25.16%), Vitamin E: 6.54mg (43.58%), Selenium: 24.29µg (34.69%), Manganese: 0.58mg (28.78%), Vitamin B2: 0.43mg (25.53%), Phosphorus: 250.48mg (25.05%), Magnesium: 71.25mg (17.81%), Calcium: 156.75mg (15.68%), Folate: 62.23µg (15.56%), Copper: 0.3mg (15.03%), Fiber: 3.34g (13.35%), Vitamin A: 570.86IU (11.42%), Iron: 1.84mg (10.22%), Zinc: 1.48mg (9.85%), Vitamin B5: 0.93mg (9.34%), Potassium: 321.67mg (9.19%), Vitamin B12: 0.42µg (7.02%), Vitamin C: 5.54mg (6.71%), Vitamin B6: 0.12mg (5.97%), Vitamin D: 0.88µg (5.87%), Vitamin B1: 0.09mg (5.84%), Vitamin B3: 1.1mg (5.48%), Vitamin K: 4.18µg (3.98%)