



Beet Cake with Bourbon Sauce

 Vegetarian

READY IN



90 min.

SERVINGS



6

CALORIES



540 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 3 medium beets boiled
- ☐ 3 tablespoons bourbon
- ☐ 3 large egg yolks
- ☐ 3 large eggs at room temperature
- ☐ 1.3 cups flour all-purpose
- ☐ 0.8 cup heavy cream warmed

- ☐ 1 lemon zest finely grated
- ☐ 0.8 cup milk warmed
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 0.8 cup sugar
- ☐ 6 servings whipped cream sweetened for serving
- ☐ 0.5 cup vegetable oil

Equipment

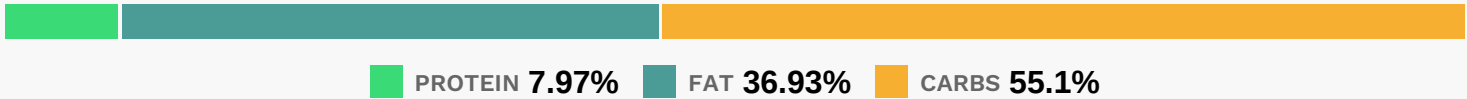
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ toothpicks

Directions

- ☐ Peel and chop 2 of the beets, then puree them in a mini food processor. Peel and shred the remaining beet.
- ☐ Preheat the oven to 35
- ☐ Butter a 10-by-15-inch jelly roll pan and line it with parchment paper. In a small bowl, whisk the flour, baking powder, baking soda and salt. In a large mixing bowl, beat the eggs with the sugar at high speed until tripled in volume, about 5 minutes. Beat in the oil and zest. Fold in the pureed and shredded beets, then gradually fold in the dry ingredients.
- ☐ Spread the batter in the prepared pan, smoothing the top.
- ☐ Bake the cake for about 20 minutes, until a toothpick inserted in the center comes out clean.

- ☐
- Bring 1 inch of water to a boil in a saucepan. In a stainless steel bowl, whisk the yolks and sugar until thickened.
- ☐
- Whisk in the warm milk and cream. Set the bowl over (not in) the simmering water and whisk over moderate heat until the custard is very thick, about 8 minutes. Chill the custard in an ice bath, then stir in the bourbon.
- ☐
- Cut the cake into squares and layer with the custard. Top with whipped cream; serve.

Nutrition Facts



Properties

Glycemic Index:79.86, Glycemic Load:48.26, Inflammation Score:-7, Nutrition Score:14.490000102831%

Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 540.02kcal (27%), Fat: 21.85g (33.61%), Saturated Fat: 10.45g (65.32%), Carbohydrates: 73.35g (24.45%), Net Carbohydrates: 70.16g (25.51%), Sugar: 50.4g (56%), Cholesterol: 226.64mg (75.55%), Sodium: 482.71mg (20.99%), Alcohol: 2.51g (100%), Alcohol %: 1.13% (100%), Protein: 10.61g (21.22%), Folate: 165.97µg (41.49%), Selenium: 23.67µg (33.82%), Vitamin B2: 0.43mg (25.45%), Manganese: 0.47mg (23.7%), Phosphorus: 213.2mg (21.32%), Vitamin B1: 0.28mg (18.8%), Vitamin A: 813.96IU (16.28%), Iron: 2.7mg (14.99%), Calcium: 146.73mg (14.67%), Fiber: 3.19g (12.76%), Potassium: 433.47mg (12.38%), Vitamin D: 1.79µg (11.96%), Vitamin B5: 1.09mg (10.94%), Vitamin B12: 0.62µg (10.3%), Vitamin B3: 1.9mg (9.51%), Magnesium: 35.44mg (8.86%), Vitamin B6: 0.17mg (8.7%), Zinc: 1.23mg (8.18%), Vitamin K: 8.22µg (7.83%), Vitamin E: 1.16mg (7.72%), Vitamin C: 5.63mg (6.83%), Copper: 0.14mg (6.78%)