



Blood Orange Layer Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



222 kcal

DESSERT

Ingredients

- ☐ 5 cups blood orange sections (3 blood oranges)
- ☐ 1 cup blood orange juice (2 blood oranges)
- ☐ 4 large eggs
- ☐ 1 cup flour all-purpose sifted
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 cup granulated sugar
- ☐ 2 tablespoons honey

- ☐ 0.3 cup powdered sugar sifted
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup whipping cream
- ☐ 16 ounce carton yogurt plain

Equipment

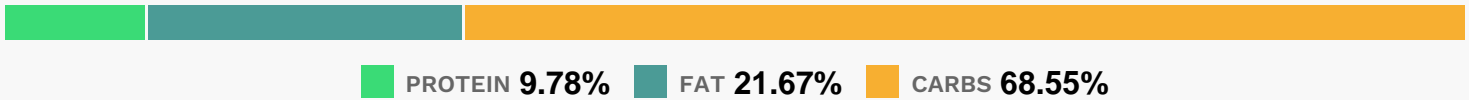
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ cake form
- ☐ wax paper
- ☐ colander
- ☐ serrated knife
- ☐ cheesecloth

Directions

- ☐ Preheat oven to 37
- ☐ To prepare cake, coat an 8-inch round cake pan with cooking spray; line bottom of pan with wax paper. Coat wax paper with cooking spray.
- ☐ Combine eggs, 1/4 teaspoon vanilla, and salt in a large bowl, and beat with a mixer at high speed 2 minutes. Gradually add 1/2 cup granulated sugar, beating until egg mixture is thick

- and pale (about 3 minutes). Gently fold flour into egg mixture, 1/4 cup at a time. Spoon batter into prepared pan.
- ☐ Bake at 375 for 20 minutes or until cake springs back when touched lightly in center. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.
 - ☐ To prepare filling, place a colander in a 2-quart glass measure or medium bowl. Line colander with 4 layers of cheesecloth, allowing cheesecloth to extend over outside edges. Spoon yogurt into colander. Cover loosely with plastic wrap; refrigerate 12 hours.
 - ☐ Spoon yogurt cheese into a large bowl; discard liquid.
 - ☐ Add honey and 1/2 teaspoon vanilla to yogurt, stirring well with a whisk.
 - ☐ Combine cream and powdered sugar in a medium bowl, and beat with a mixer at high speed until soft peaks form. Gently stir one-fourth of the cream mixture into yogurt mixture; gently fold in remaining cream mixture. Cover and chill 15 minutes.
 - ☐ Arrange blood orange sections in a single layer on several layers of paper towels, and let stand 5 minutes. Reserve half of the sections; roughly chop remaining sections.
 - ☐ Combine chopped orange sections and chopped mint. Cover and chill.
 - ☐ To prepare syrup, combine juice and 1/4 cup granulated sugar in a small saucepan; bring to a boil over medium-high heat, stirring constantly with a whisk. Reduce heat; simmer until reduced to 1/4 cup (about 15 minutes).
 - ☐ Remove from heat; cool.
 - ☐ Split cake in half horizontally using a serrated knife; place bottom layer, cut side up, on a plate.
 - ☐ Brush with 2 tablespoons syrup.
 - ☐ Spread with half of yogurt mixture, leaving a 1/4-inch border.
 - ☐ Sprinkle chopped blood orange mixture

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:20.41, Inflammation Score:-6, Nutrition Score:9.3586955951608%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 22.99mg, Hesperetin: 22.99mg, Hesperetin: 22.99mg, Hesperetin: 22.99mg Naringenin: 11.93mg, Naringenin: 11.93mg, Naringenin: 11.93mg, Naringenin: 11.93mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 221.63kcal (11.08%), Fat: 5.48g (8.43%), Saturated Fat: 2.87g (17.93%), Carbohydrates: 39g (13%), Net Carbohydrates: 36.81g (13.38%), Sugar: 28.62g (31.8%), Cholesterol: 74.38mg (24.79%), Sodium: 68.07mg (2.96%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Protein: 5.57g (11.13%), Vitamin C: 50.74mg (61.51%), Folate: 59.53µg (14.88%), Selenium: 10.19µg (14.56%), Vitamin B2: 0.24mg (13.92%), Vitamin B1: 0.19mg (12.35%), Phosphorus: 98.77mg (9.88%), Calcium: 95.7mg (9.57%), Vitamin A: 470.09IU (9.4%), Fiber: 2.2g (8.78%), Potassium: 283.34mg (8.1%), Vitamin B5: 0.7mg (6.97%), Manganese: 0.11mg (5.64%), Iron: 0.98mg (5.46%), Vitamin B6: 0.1mg (5.13%), Vitamin B12: 0.3µg (4.98%), Magnesium: 19.83mg (4.96%), Vitamin B3: 0.97mg (4.87%), Zinc: 0.61mg (4.06%), Copper: 0.08mg (3.96%), Vitamin D: 0.48µg (3.18%), Vitamin E: 0.41mg (2.72%)