



Brown Butter-Polenta Cake with Maple Caramel

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



487 kcal

DESSERT

Ingredients

- 2 cups almond flour
- 1.5 teaspoon double-acting baking powder
- 3 large eggs
- 0.5 cup cup heavy whipping cream
- 1 teaspoon kosher salt
- 0.8 cup maple syrup pure
- 1 cup oats

- 0.5 cup cream sour
- 0.8 cup sugar
- 0.8 cup butter unsalted plus more for pan ()

Equipment

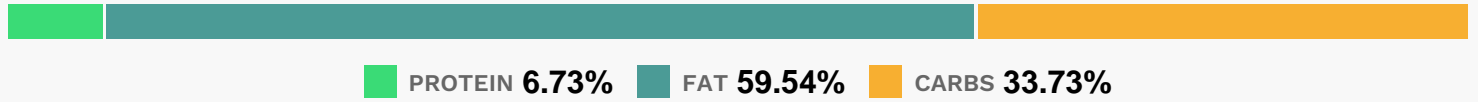
- bowl
- frying pan
- sauce pan
- baking paper
- oven
- whisk
- wire rack
- hand mixer

Directions

- Preheat oven to 350°F. Butter a 9"-diameter cake pan and line bottom with a round of parchment paper; butter parchment.
- Melt 3/4 cup butter in a medium saucepan over medium heat, then cook, stirring often, until butter foams, then browns (do not let burn), 5–8 minutes.
- Pour into a medium bowl; let cool. Chill brown butter until cold.
- Fit a clean medium saucepan with thermometer and bring maple syrup to a boil over medium-high heat; cook until thermometer registers 265°F (syrup will be thicker and a shade darker).
- Pour into prepared pan and spread with an offset spatula or a spoon to cover bottom; let cool (syrup will harden as it sits).
- Whisk almond flour, polenta, baking powder, and salt in a medium bowl. Using an electric mixer on medium-high speed, beat chilled brown butter and 3/4 cup sugar until very pale and fluffy, 5–7 minutes.
- Add eggs 1 at a time, beating to blend between additions. Beat until light and fluffy, about 4 minutes. Reduce speed to low, gradually add dry ingredients, and mix just to combine. Scrape batter into pan; smooth top.
- Bake until cake is golden brown and pulls away from sides of pan, 50–55 minutes.

- Transfer pan to a wire rack; let cake cool in pan 20 minutes. Turn out onto rack and let cool completely.
- Using an electric mixer, beat heavy cream, sour cream, and remaining 1 tablespoon sugar in a medium bowl until soft peaks form.
- Serve cake with whipped cream mixture.
- DO AHEAD: Cake can be baked 1 day ahead. Store tightly wrapped at room temperature.

Nutrition Facts



Properties

Glycemic Index: 26.36, Glycemic Load: 19.66, Inflammation Score: -5, Nutrition Score: 8.3782610200022%

Nutrients (% of daily need)

Calories: 486.66kcal (24.33%), Fat: 33.46g (51.47%), Saturated Fat: 13.99g (87.42%), Carbohydrates: 42.64g (14.21%), Net Carbohydrates: 39.51g (14.37%), Sugar: 31.15g (34.61%), Cholesterol: 112.64mg (37.55%), Sodium: 328.67mg (14.29%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 8.51g (17.03%), Manganese: 0.91mg (45.58%), Vitamin B2: 0.44mg (25.61%), Vitamin A: 753.03IU (15.06%), Calcium: 144.68mg (14.47%), Fiber: 3.14g (12.55%), Selenium: 8.41µg (12.01%), Phosphorus: 99.71mg (9.97%), Iron: 1.61mg (8.95%), Magnesium: 31.25mg (7.81%), Vitamin E: 0.76mg (5.08%), Vitamin D: 0.75µg (4.97%), Vitamin B1: 0.07mg (4.75%), Zinc: 0.71mg (4.71%), Potassium: 134.3mg (3.84%), Vitamin B5: 0.38mg (3.75%), Vitamin B12: 0.21µg (3.43%), Folate: 11.32µg (2.83%), Copper: 0.05mg (2.41%), Vitamin B6: 0.04mg (2.15%), Vitamin K: 2.05µg (1.95%)