

Brustengolo (Corn Flour Cake)

 Vegetarian  Gluten Free

READY IN



100 min.

SERVINGS



6

CALORIES



1223 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 3.5 sticks butter melted plus more for the pan
- 3.3 cups masa for the pan plus a little extra
- 4 eggs
- 2 tablespoons golden raisins coarsely chopped
- 3.5 cups granny smith apples cored peeled sliced
- 0.5 optional: lemon grated
- 2 tablespoons juice of lemon freshly squeezed

- 0.3 cup pinenuts toasted coarsely chopped
- 6 servings garnish: pomegranate seeds and pomegranate molasses
- 2 cups sugar
- 0.3 cup walnuts coarsely chopped

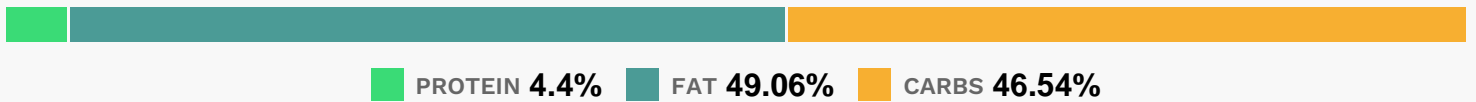
Equipment

- bowl
- oven
- springform pan

Directions

- Preheat the oven to 350 degrees F.
- Place the apple slices in a bowl and sprinkle them with lemon juice. Set aside.
- In a large bowl, place the sugar and melted butter and mix well. Fold in the flour and baking powder, then beat in the eggs until the mixture is smooth.
- Add the pine nuts, walnuts, raisins, anisette and lemon peel. Fold in the apples and stir well to combine.
- Butter and flour a 9-inch springform pan and pour in the batter.
- Bake 1 hour and allow to cool before slicing.
- Garnish with pomegranate seeds and pomegranate molasses.

Nutrition Facts



Properties

Glycemic Index:68.88, Glycemic Load:60.42, Inflammation Score:-8, Nutrition Score:22.41782622752%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg

Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 2.17mg, Eriodictyol: 2.17mg, Eriodictyol: 2.17mg, Eriodictyol: 2.17mg Hesperetin: 3.23mg, Hesperetin: 3.23mg, Hesperetin: 3.23mg, Hesperetin: 3.23mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 1223.03kcal (61.15%), Fat: 69.46g (106.86%), Saturated Fat: 36.04g (225.23%), Carbohydrates: 148.23g (49.41%), Net Carbohydrates: 137.79g (50.11%), Sugar: 90.94g (101.05%), Cholesterol: 250.84mg (83.61%), Sodium: 579.76mg (25.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.03g (28.06%), Manganese: 1.32mg (66.08%), Fiber: 10.43g (41.73%), Vitamin A: 1853.93IU (37.08%), Phosphorus: 342.82mg (34.28%), Selenium: 19.75µg (28.21%), Magnesium: 109.49mg (27.37%), Copper: 0.52mg (26.04%), Vitamin B6: 0.51mg (25.65%), Vitamin K: 24.97µg (23.78%), Vitamin C: 19.24mg (23.32%), Vitamin E: 3.34mg (22.25%), Calcium: 203.06mg (20.31%), Folate: 80.29µg (20.07%), Vitamin B2: 0.33mg (19.65%), Vitamin B1: 0.28mg (18.7%), Potassium: 634.74mg (18.14%), Zinc: 2.62mg (17.45%), Iron: 2.69mg (14.96%), Vitamin B5: 1.11mg (11.06%), Vitamin B3: 1.87mg (9.35%), Vitamin B12: 0.37µg (6.22%), Vitamin D: 0.59µg (3.91%)