



Buttermilk Peach-Almond Cake

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



429 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 0.5 cup almond flour finely
- ☐ 0.3 cup almonds sliced
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup buttermilk
- ☐ 0.5 teaspoon cinnamon
- ☐ 2 large eggs at room temperature

- ☐ 1.8 cups flour all-purpose
- ☐ 2 small peaches pitted peeled quartered cut into 4 slices (32 slices total, 2 cups)
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups sugar
- ☐ 8 tablespoons butter unsalted at room temperature (1 stick)

Equipment

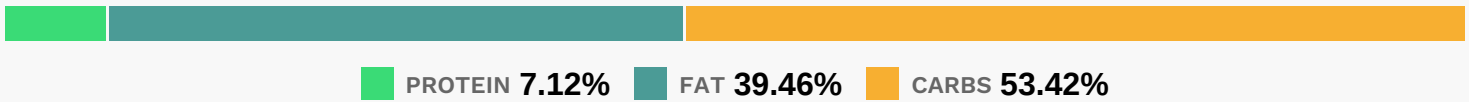
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Place rack in middle of oven and preheat to 375F. Line a 9-inch square baking pan with foil, allowing a 3-inch overhang on 2 sides. Butter foil and pan.
- ☐ In a bowl, mix 1/4 cup sugar and cinnamon. In a large bowl, whisk flour, baking powder, baking soda and salt.
- ☐ Using an electric mixer on medium speed, beat butter with 1 cup sugar until light, about 3 minutes. Scrape down bowl with a spatula and mix in ground almonds and almond extract.
- ☐ Add eggs, one at a time, beating well after each addition.
- ☐ Reduce mixer speed to low.
- ☐ Add flour mixture in 3 batches, alternating with buttermilk, beginning and ending with flour.

- ☐ Mix until just combined.
- ☐ Spread batter evenly in pan; arrange peaches on top in 4 rows.
- ☐ Sprinkle cinnamon-sugar and sliced almonds on top.
- ☐ Bake until cake is golden on top and a toothpick inserted into center comes out clean, 45 to 50 minutes.
- ☐ Let cool in pan on a wire rack. Use foil handle to remove cake; serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:40.42, Glycemic Load:38.47, Inflammation Score:-5, Nutrition Score:10.347826009211%

Flavonoids

Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 429.24kcal (21.46%), Fat: 19.28g (29.67%), Saturated Fat: 8.48g (52.98%), Carbohydrates: 58.74g (19.58%), Net Carbohydrates: 56.31g (20.48%), Sugar: 35.65g (39.61%), Cholesterol: 79.07mg (26.36%), Sodium: 289.78mg (12.6%), Alcohol: 0.04g (100%), Alcohol %: 0.04% (100%), Protein: 7.82g (15.65%), Manganese: 0.44mg (22.2%), Vitamin E: 3.32mg (22.13%), Selenium: 15.32µg (21.89%), Vitamin B2: 0.34mg (20.01%), Vitamin B1: 0.26mg (17.31%), Folate: 64.51µg (16.13%), Phosphorus: 140.89mg (14.09%), Vitamin B3: 2.29mg (11.46%), Iron: 2.03mg (11.25%), Vitamin A: 561.38IU (11.23%), Magnesium: 41.51mg (10.38%), Copper: 0.19mg (9.71%), Fiber: 2.43g (9.7%), Calcium: 84.17mg (8.42%), Zinc: 0.85mg (5.69%), Potassium: 193.88mg (5.54%), Vitamin D: 0.75µg (5.02%), Vitamin B5: 0.5mg (5.01%), Vitamin B12: 0.24µg (3.98%), Vitamin B6: 0.06mg (3.15%), Vitamin K: 2.18µg (2.08%), Vitamin C: 1.34mg (1.62%)