



## Cake with lemon, rosewater and pistachios

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



325 kcal

DESSERT

### Ingredients

- 225 g flour
- 2.5 tsp double-acting baking powder
- 0.5 tsp salt
- 75 g almond flour
- 80 g sugar
- 2 eggs
- 50 g runny honey
- 250 ml yogurt

- 150 ml unrefined sunflower oil
- 1 lemon zest finely grated
- 50 g pistachios unsalted roughly chopped
- 150 ml water
- 100 g sugar
- 1 juice of lemon
- 1 tbs rosewater

## Equipment

- bowl
- sauce pan
- oven
- whisk
- toothpicks
- cake form
- skewers

## Directions

- Sift the flour, baking powder and salt into a large bowl.
- Add the ground almonds and caster sugar and mix.
- Mix the eggs, honey, yoghurt, sunflower oil and lemon zest together well in another bowl.
- Make a well in the center of the dry ingredients and slowly pour in the wet ingredients, bringing them together with a whisk until they are just combined.
- Add some chopped pistachios to the mixture.
- Pour the mixture into the 22cm springform cake tin lined with greaseproof paper and bake in the oven at 180C for 50 minutes or until a skewer inserted into the middle comes out clean. Allow to cool in the tin for about 20 minutes.
- Meanwhile, make the syrup. In a small saucepan, boil the water and sugar for about 5 minutes until it is reduced by half.
- Add the lemon juice and boil for a further 2 minutes, then cool and add the rosewater.

- Make holes on top of the warm cake with a toothpick and spoon the syrup all over the top. Scatter the pistachios over and leave to cool for 1 hour.
- Decorate with rose petals before serving.

## Nutrition Facts



### Properties

Glycemic Index:31.54, Glycemic Load:23.05, Inflammation Score:-2, Nutrition Score:6.9713043478261%

### Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Taste

Sweetness: 100%, Saltiness: 28.47%, Sourness: 61.9%, Bitterness: 27.41%, Savoriness: 16.77%, Fattiness: 97.91%, Spiciness: 0%

### Nutrients (% of daily need)

Calories: 324.57kcal (16.23%), Fat: 18.16g (27.94%), Saturated Fat: 2.3g (14.38%), Carbohydrates: 36.76g (12.25%), Net Carbohydrates: 35.09g (12.76%), Sugar: 20.1g (22.33%), Cholesterol: 30.08mg (10.03%), Sodium: 220.44mg (9.58%), Protein: 5.84g (11.68%), Vitamin E: 4.93mg (32.85%), Selenium: 9.63µg (13.76%), Vitamin B1: 0.19mg (12.42%), Calcium: 108.57mg (10.86%), Folate: 42.04µg (10.51%), Vitamin B2: 0.17mg (10.1%), Phosphorus: 96.23mg (9.62%), Manganese: 0.19mg (9.36%), Iron: 1.55mg (8.62%), Fiber: 1.67g (6.67%), Vitamin B3: 1.2mg (5.98%), Copper: 0.09mg (4.68%), Vitamin B6: 0.08mg (3.86%), Magnesium: 12.83mg (3.21%), Potassium: 111.76mg (3.19%), Zinc: 0.47mg (3.1%), Vitamin B5: 0.31mg (3.08%), Vitamin B12: 0.15µg (2.42%), Vitamin C: 1.87mg (2.26%), Vitamin A: 72.15IU (1.44%), Vitamin K: 1.29µg (1.23%), Vitamin D: 0.17µg (1.12%)