



Cake with Orange Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



183 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 1 large eggs
- ☐ 1 cup buttermilk fat-free
- ☐ 7.8 ounces flour all-purpose
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 cup orange juice fresh (3 oranges)

- ☐ 2 teaspoons orange rind grated
- ☐ 0.1 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.3 cup walnuts finely chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

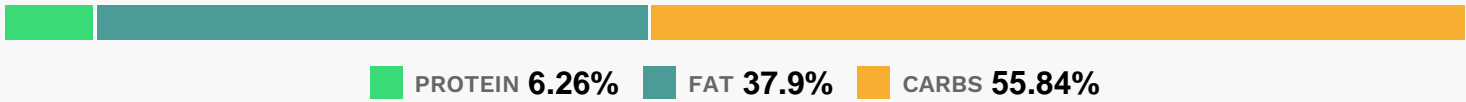
Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, place 1 cup sugar and butter in a large bowl; beat with a mixer at medium speed until well blended (about 5 minutes).
- ☐ Add egg; beat well. Beat in rind. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, baking soda, and salt, stirring well.
- ☐ Add flour mixture and buttermilk alternately to sugar mixture, beginning and ending with flour mixture. Stir in walnuts.
- ☐ Pour batter into an (8-inch) square baking pan coated with cooking spray.
- ☐ Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes.
- ☐ Remove from pan. Cool completely on a wire rack.
- ☐ To prepare sauce, combine 1 cup sugar and remaining ingredients in a small saucepan over medium-high heat; bring to a boil. Cook until reduced to 1 cup (about 15 minutes). Cool.

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Serve over cake.

Nutrition Facts



Properties

Glycemic Index:22.44, Glycemic Load:17.23, Inflammation Score:-3, Nutrition Score:3.9326087223447%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 2.26mg, Hesperetin: 2.26mg, Hesperetin: 2.26mg, Hesperetin: 2.26mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 182.97kcal (9.15%), Fat: 7.85g (12.08%), Saturated Fat: 3.92g (24.5%), Carbohydrates: 26.03g (8.68%), Net Carbohydrates: 25.43g (9.25%), Sugar: 14.7g (16.34%), Cholesterol: 27.17mg (9.06%), Sodium: 177.36mg (7.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.84%), Vitamin C: 9.39mg (11.38%), Manganese: 0.18mg (9.04%), Vitamin B1: 0.13mg (8.84%), Folate: 34.49µg (8.62%), Selenium: 5.9µg (8.43%), Vitamin B2: 0.1mg (5.64%), Iron: 0.83mg (4.63%), Vitamin B3: 0.91mg (4.55%), Vitamin A: 226.85IU (4.54%), Phosphorus: 39.54mg (3.95%), Copper: 0.07mg (3.46%), Calcium: 26.93mg (2.69%), Fiber: 0.6g (2.4%), Magnesium: 9.39mg (2.35%), Potassium: 66.19mg (1.89%), Vitamin B5: 0.16mg (1.64%), Vitamin B6: 0.03mg (1.63%), Vitamin E: 0.23mg (1.56%), Zinc: 0.23mg (1.53%)