



Candied-Fennel-Topped Lemon Cake

 Vegetarian

READY IN



1500 min.

SERVINGS



8

CALORIES



353 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup buttermilk well-shaken
- ☐ 2 large eggs
- ☐ 1 small fennel bulb
- ☐ 1 teaspoon fennel seeds
- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 teaspoons lemon zest grated

- ☐ 8 servings accompaniment: lightly whipped cream sweetened
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 1 stick butter unsalted softened
- ☐ 0.8 cup water

Equipment

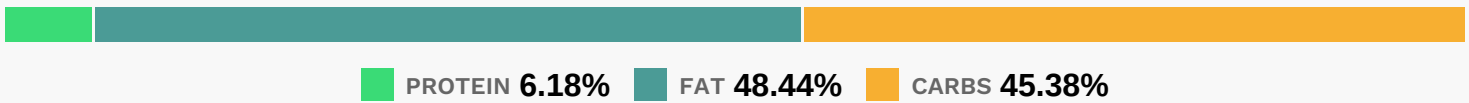
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ hand mixer
- ☐ cake form
- ☐ wax paper

Directions

- ☐ Lightly oil pan and line bottom and side with a large round of wax paper, pleating sides and trimming to fit. Lightly oil paper. Line side with a 2-inch-wide strip of wax paper long enough to wrap around inside of pan to cover pleats, then lightly oil.
- ☐ Cut fennel bulb lengthwise with slicer into enough 1/4-inch-thick slices (about
- ☐ to cover bottom of cake pan.
- ☐ Cover fennel with cold water in a medium saucepan and bring to a boil.
- ☐ Drain fennel and set aside.
- ☐ Add sugar, water (3/4 cup), zest, and fennel seeds to saucepan and bring to a simmer, stirring until sugar has dissolved.
- ☐ Add fennel slices and very gently simmer until tender and translucent and liquid is syrupy, about 40 minutes. Lift fennel slices out with a fork and arrange decoratively in bottom of cake

- pan. If you have more than 1/3 cup syrup, boil to reduce; if less, add water. Cool syrup slightly, then pour (through a fine-mesh sieve if desired) over fennel.
- ☐ Preheat oven to 350°F with rack in middle.
 - ☐ Whisk together flour, baking powder, baking soda, and salt. Beat together butter and sugar in a large bowl with an electric mixer at high speed until light and fluffy.
 - ☐ Add eggs 1 at a time, beating well after each addition, then beat in zest.
 - ☐ At low speed, mix in flour mixture in 3 batches, alternating with buttermilk, beginning and ending with flour mixture, and mixing until just combined. Gently spoon batter over topping, spreading evenly.
 - ☐ Bake until cake is golden-brown and a wooden pick inserted into center of cake comes out clean, 25 to 30 minutes. Cool cake in pan 15 minutes, then invert onto a plate and continue to cool.
 - ☐ Serve warm or at room temperature.
 - ☐ Cake is best the day it is made but keeps, wrapped in plastic wrap, at room temperature 3 days.

Nutrition Facts



Properties

Glycemic Index:39.14, Glycemic Load:27.11, Inflammation Score:-5, Nutrition Score:8.4313044029733%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 352.86kcal (17.64%), Fat: 19.33g (29.73%), Saturated Fat: 11.59g (72.43%), Carbohydrates: 40.74g (13.58%), Net Carbohydrates: 39.06g (14.2%), Sugar: 22.17g (24.64%), Cholesterol: 99.89mg (33.3%), Sodium: 427.49mg (18.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.09%), Selenium: 13.08µg (18.68%), Vitamin K: 19.53µg (18.6%), Folate: 58.26µg (14.57%), Vitamin A: 714.83IU (14.3%), Vitamin B1: 0.2mg (13.63%), Vitamin B2: 0.23mg (13.56%), Manganese: 0.24mg (11.91%), Calcium: 113.12mg (11.31%), Phosphorus: 104.9mg (10.49%), Iron: 1.67mg (9.29%), Vitamin B3: 1.62mg (8.12%), Fiber: 1.68g (6.72%), Potassium: 202.58mg (5.79%), Vitamin D: 0.75µg (5.03%), Vitamin C: 4.14mg (5.01%), Vitamin B5: 0.46mg (4.64%), Vitamin E: 0.66mg (4.4%), Vitamin B12: 0.24µg (3.98%), Magnesium: 15.61mg (3.9%), Copper: 0.08mg (3.9%), Zinc: 0.5mg (3.31%), Vitamin B6:

0.06mg (2.78%)