



Concord Grape Cornmeal Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



206 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 6 tablespoons buttermilk
- ☐ 0.5 pound grapes black seeds removed, divided stemmed
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose for grapes
- ☐ 2 tablespoons honey
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoon lemon zest finely grated

- ☐ 0.5 cup sugar
- ☐ 2 tablespoons butter unsalted cooled melted plus more
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup cornmeal yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Preheat oven to 350°F. Butter an 8x8x2"baking dish.
- ☐ Whisk 1/2 cup plus 2 tablespoonsflour, cornmeal, baking powder, andsalt in a medium bowl; set aside.
- ☐ Whiskeggs, sugar, lemon zest, and vanilla ina large bowl to combine.
- ☐ Add oil and2 tablespoons melted butter; whisk to blend.
- ☐ Whisk in flour mixture, then buttermilk.Stir in honey, being careful not to fullyincorporate.
- ☐ Pour batter into prepared dish. Tosshalf of grapes with a large pinch of flourin a medium bowl until well coated.Scatter over cake batter.
- ☐ Bake until cake turns light goldenbrown around the edges and starts toset, 15–17 minutes.
- ☐ Remove from ovenand scatter remaining grapes over cake.Continue to bake until top is goldenbrown and cake springs back whenpressed, 20–25 minutes longer.
- ☐ Transferto a wire rack.
- ☐ Let cool slightly in pan.
- ☐ Serve warm or at room temperature.

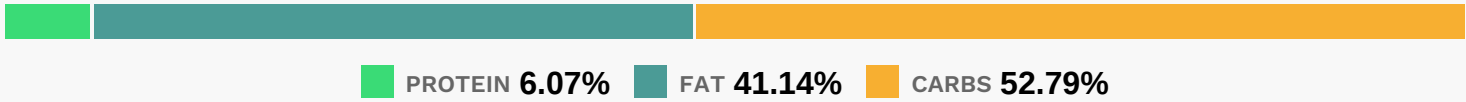
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Per serving: 550 calories, 10 g fat, 6 g fiber

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Bon Appétit

Nutrition Facts



Properties

Glycemic Index:44.79, Glycemic Load:17.27, Inflammation Score:-2, Nutrition Score:5.2847826001437%

Nutrients (% of daily need)

Calories: 206.49kcal (10.32%), Fat: 9.64g (14.83%), Saturated Fat: 2.85g (17.79%), Carbohydrates: 27.83g (9.28%), Net Carbohydrates: 26g (9.45%), Sugar: 14.08g (15.65%), Cholesterol: 44.21mg (14.74%), Sodium: 183.6mg (7.98%), Alcohol: 0.07g (100%), Alcohol %: 0.11% (100%), Protein: 3.2g (6.4%), Manganese: 0.55mg (27.44%), Vitamin K: 10.31µg (9.82%), Selenium: 6.12µg (8.75%), Fiber: 1.83g (7.32%), Phosphorus: 67.17mg (6.72%), Vitamin B2: 0.1mg (6.13%), Vitamin B1: 0.08mg (5.43%), Calcium: 50.65mg (5.06%), Folate: 19.94µg (4.98%), Iron: 0.84mg (4.64%), Vitamin E: 0.66mg (4.37%), Magnesium: 15.46mg (3.87%), Vitamin B6: 0.07mg (3.57%), Copper: 0.07mg (3.39%), Zinc: 0.49mg (3.28%), Potassium: 108.05mg (3.09%), Vitamin A: 154.12IU (3.08%), Vitamin B3: 0.59mg (2.94%), Vitamin B5: 0.27mg (2.69%), Vitamin D: 0.36µg (2.39%), Vitamin B12: 0.14µg (2.25%)