

WINE BAR
FOOD

Cook the Book: Italian Almond Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



332 kcal

DESSERT

Ingredients

- ☐ 0.8 cup almonds sliced
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 8 tablespoons butter unsalted softened (1 stick)
- ☐ 0.5 cup cornmeal
- ☐ 2 large egg yolk
- ☐ 1 cup flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.3 teaspoon lemon zest grated

☐ 0.3 teaspoon vanilla extract

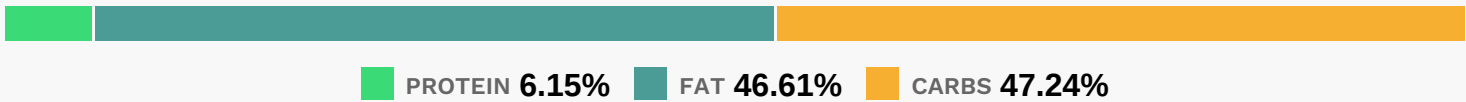
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ stand mixer
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 275°F.
- ☐ Have ready eight 3-inch nonstick tart let pans or grease 12 cups of a standard muffin tin.
- ☐ Mix the flour, cornmeal, and baking powder together in a small bowl.
- ☐ In a stand mixer fitted with the paddle attachment, beat the butter and sugar on high speed until pale. about 3 minutes.
- ☐ Add the egg yolks. vanilla. and lemon zest and continue to beat until thick, 2 to 3 minutes. Turn the mixer to low and add the almonds, followed by the dry ingredients.
- ☐ Mix slowly until just combined, about 1 minute. The dough will be crumbly and in pieces.
- ☐ Mound the dough. pressing down a little, into the tartlet pans. The cakes should resemble little mountains.
- ☐ Bake until golden brown, about 45 minutes.
- ☐ Remove from the tart pans and let cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:39.45, Glycemic Load:26.31, Inflammation Score:-4, Nutrition Score:7.6991304253107%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 332.01kcal (16.6%), Fat: 17.58g (27.05%), Saturated Fat: 8.05g (50.33%), Carbohydrates: 40.1g (13.37%), Net Carbohydrates: 37.66g (13.69%), Sugar: 19.34g (21.48%), Cholesterol: 76mg (25.33%), Sodium: 84.08mg (3.66%), Alcohol: 0.04g (100%), Alcohol %: 0.08% (100%), Protein: 5.22g (10.43%), Manganese: 0.37mg (18.57%), Vitamin E: 2.69mg (17.92%), Vitamin B2: 0.22mg (12.69%), Selenium: 8.88µg (12.69%), Vitamin B1: 0.18mg (11.89%), Phosphorus: 117.1mg (11.71%), Folate: 42.4µg (10.6%), Fiber: 2.44g (9.77%), Magnesium: 38.08mg (9.52%), Iron: 1.55mg (8.63%), Vitamin A: 411.26IU (8.23%), Calcium: 79.34mg (7.93%), Vitamin B3: 1.49mg (7.44%), Copper: 0.14mg (7.12%), Zinc: 0.8mg (5.33%), Vitamin B6: 0.09mg (4.64%), Potassium: 120.74mg (3.45%), Vitamin B5: 0.31mg (3.11%), Vitamin D: 0.44µg (2.93%), Vitamin B12: 0.11µg (1.78%), Vitamin K: 1.08µg (1.03%)