



Cook the Book: Olive Oil Citrus Cake

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



192 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 5 ounces cake flour (you will sift it later)
- ☐ 3.3 ounces powdered sugar
- ☐ 3 eggs at room temperature
- ☐ 1 tablespoon granulated sugar ()
- ☐ 2 tablespoons grapefruit juice freshly squeezed
- ☐ 1 lime
- ☐ 0.3 teaspoon lemon infused olive oil

- ☐ 1 lemon zest
- ☐ 1 cup olive oil extra virgin extra-virgin
- ☐ 1 orange zest
- ☐ 0.3 teaspoon sea salt fine
- ☐ 1.5 teaspoons vanilla extract pure

Equipment

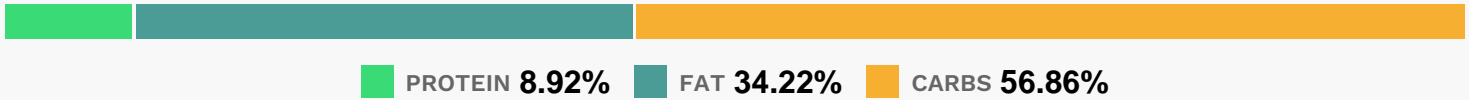
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ baking pan
- ☐ stand mixer

Directions

- ☐ Preheat the oven to 350° F. Using a paper towel, coat a 9-inch by 2-inch round baking pan with olive oil, then sprinkle it with about 1 tablespoon of granulated sugar.
- ☐ To make the cake, sift flour, baking powder, and salt together twice. Using a handheld mixer or stand mixer with the whisk attachment, beat the eggs, sugar, and zests on high speed for 5 minutes, until the eggs are thickened and lighter in color.
- ☐ Add the vanilla and lemon oil. Turn the mixer down to medium-low speed and drizzle the olive oil into the batter, pouring slowly along the edge of the bowl.
- ☐ Add the flour and mix on low speed until just incorporated.
- ☐ Pour the batter into the prepared pan.
- ☐ Bake for 25 to 30 minutes, or until the cake is golden and domed slightly in the center. Cool to room temperature.
- ☐ To make the glaze, sift the confectioners' sugar into a small bowl.

- ☐
- Add the grapefruit juice and whisk to combine.
- ☐
- Pour the glaze over the cooled cake.
- ☐
- Storage: Wrapped in plastic wrap, this cake will keep at room temperature for 2 to 3 days.

Nutrition Facts



Properties

Glycemic Index:34.64, Glycemic Load:9.7, Inflammation Score:-1, Nutrition Score:3.913478296736%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 192.18kcal (9.61%), Fat: 7.28g (11.2%), Saturated Fat: 1.31g (8.16%), Carbohydrates: 27.22g (9.07%), Net Carbohydrates: 26.47g (9.63%), Sugar: 13.45g (14.94%), Cholesterol: 61.38mg (20.46%), Sodium: 150.09mg (6.53%), Alcohol: 0.26g (100%), Alcohol %: 0.4% (100%), Protein: 4.27g (8.54%), Selenium: 12.2µg (17.44%), Manganese: 0.15mg (7.37%), Vitamin E: 1.03mg (6.86%), Phosphorus: 61.76mg (6.18%), Vitamin C: 4.98mg (6.04%), Vitamin B2: 0.09mg (5.4%), Calcium: 46.31mg (4.63%), Folate: 14.32µg (3.58%), Vitamin B5: 0.35mg (3.47%), Iron: 0.58mg (3.23%), Vitamin K: 3.35µg (3.19%), Fiber: 0.75g (2.99%), Zinc: 0.38mg (2.51%), Vitamin B12: 0.15µg (2.45%), Copper: 0.05mg (2.42%), Vitamin D: 0.33µg (2.2%), Vitamin B6: 0.04mg (2%), Vitamin A: 96.77IU (1.94%), Magnesium: 7.57mg (1.89%), Vitamin B1: 0.02mg (1.57%), Potassium: 53.68mg (1.53%), Vitamin B3: 0.22mg (1.12%)