



Cornmeal Cake with Buttermilk Ice Cream and Rhubarb Compote

READY IN



45 min.

SERVINGS



10

CALORIES



434 kcal

DESSERT

Ingredients

- 1 cup flour
- 1.5 teaspoons double-acting baking powder homemade
- 2 large eggs room temperature
- 10 servings whipped cream
- 10 servings rhubarb
- 0.5 teaspoon salt
- 0.5 cup cream sour
- 1 cup sugar

- 2 tablespoons coarsely sugar cubes crushed
- 0.5 cup butter unsalted room temperature (1 stick)
- 1 teaspoon vanilla extract
- 0.5 cup cornmeal yellow

Equipment

- bowl
- frying pan
- oven
- knife
- hand mixer
- cake form
- aluminum foil

Directions

- Preheat oven to 350°F. Generously butter 9-inch cake pan with 2-inch-high sides. Dust pan with cornmeal, tapping out excess. Sift flour, 1/2 cup cornmeal, baking powder, and salt into medium bowl. Using electric mixer, beat butter in large bowl until smooth and fluffy. Beat in orange peel. Gradually add 1 cup sugar and beat until light and fluffy, occasionally scraping sides of bowl.
- Add eggs 1 at a time, beating well after each addition. Beat in sour cream and vanilla. Fold in dry ingredients in 3 additions until just incorporated.
- Transfer batter to pan; smooth top.
- Sprinkle with crushed sugar.
- Bake cake until tester inserted into center comes out clean, 25 to 30 minutes. Cool in pan on rack 10 minutes. Run knife around pan sides to loosen. Turn cake out onto plate, then invert, crushed sugar side up, onto rack. Cool completely. DO AHEAD: Can be made 8 hours ahead. Wrap in foil; let stand at room temperature.
- Cut cake into wedges.
- Serve with Buttermilk Ice Cream and Rhubarb Compote alongside.

Nutrition Facts

PROTEIN 5.98% FAT 41.83% CARBS 52.19%

Properties

Glycemic Index:44.97, Glycemic Load:35.97, Inflammation Score:-5, Nutrition Score:9.7456521780595%

Flavonoids

Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg, Epicatechin 3-gallate: 0.37mg

Nutrients (% of daily need)

Calories: 433.76kcal (21.69%), Fat: 20.43g (31.44%), Saturated Fat: 11.92g (74.51%), Carbohydrates: 57.37g (19.12%), Net Carbohydrates: 54.73g (19.9%), Sugar: 38.22g (42.47%), Cholesterol: 97.43mg (32.48%), Sodium: 254.96mg (11.09%), Alcohol: 0.14g (100%), Alcohol %: 0.09% (100%), Protein: 6.57g (13.14%), Calcium: 194.83mg (19.48%), Vitamin B2: 0.32mg (18.79%), Vitamin K: 19.12µg (18.21%), Phosphorus: 153.66mg (15.37%), Vitamin A: 749.36IU (14.99%), Selenium: 10.32µg (14.75%), Manganese: 0.27mg (13.39%), Vitamin B1: 0.17mg (11.21%), Potassium: 378.09mg (10.8%), Fiber: 2.65g (10.58%), Folate: 38.88µg (9.72%), Magnesium: 30.61mg (7.65%), Vitamin B5: 0.74mg (7.42%), Iron: 1.28mg (7.09%), Zinc: 1.03mg (6.87%), Vitamin C: 5.38mg (6.52%), Vitamin B12: 0.39µg (6.5%), Vitamin B3: 1.22mg (6.09%), Vitamin B6: 0.12mg (6.04%), Vitamin E: 0.81mg (5.41%), Copper: 0.08mg (3.92%), Vitamin D: 0.5µg (3.35%)