



Mediterranean semolina cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



551 kcal

DESSERT

Ingredients

- 180 g sugar
- 5 eggs
- 220 ml yogurt
- 1 lemon zest
- 1 orange zest
- 225 g almond flour
- 200 g semolina
- 1 tsp double-acting baking powder

- 200 ml olive oil
- 1 handful almonds peeled chopped
- 1 handful raisins
- 2 Tbs cranberries dry
- 100 ml honey
- 1 orange juice

Equipment

- baking paper
- oven
- whisk
- pot
- blender
- skewers

Directions

- In a mixer, whisk the eggs and sugar until thick and pale in colour.
- Add the yoghurt and zest of the citrus.
- Gradually add all the dry ingredients and combined well.
- Incorporate the olive oil and mix.
- Pour into the round baking tin (20-23cm) lined with baking paper (or use a silicone round mold for cakes) and bake for 35 minutes at 180C (160C fan) or if pierced with a skewer it comes out clean.
- Remove cake from the oven and pierce all over with a skewer.
- Pour the syrup all over the cake and cool slightly before serving.
- Syrup
- Add almonds, raisins, cranberries, honey and orange juice to a pot and bring to the boil. Cook for 1 - 2 minutes.

Nutrition Facts



■ PROTEIN 8.18% ■ FAT 53.52% ■ CARBS 38.3%

Properties

Glycemic Index:45.32, Glycemic Load:28.21, Inflammation Score:-3, Nutrition Score:10.477391304348%

Flavonoids

Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.45mg, Peonidin: 1.45mg, Peonidin: 1.45mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 550.76kcal (27.54%), Fat: 34.03g (52.35%), Saturated Fat: 4.63g (28.91%), Carbohydrates: 54.8g (18.27%), Net Carbohydrates: 50.71g (18.44%), Sugar: 32.44g (36.05%), Cholesterol: 84.8mg (28.27%), Sodium: 92.86mg (4.04%), Protein: 11.71g (23.41%), Selenium: 25.52µg (36.46%), Vitamin E: 3.74mg (24.93%), Vitamin B2: 0.3mg (17.62%), Fiber: 4.08g (16.33%), Iron: 2.56mg (14.24%), Calcium: 131.33mg (13.13%), Folate: 52.5µg (13.12%), Vitamin B1: 0.19mg (12.98%), Phosphorus: 121.4mg (12.14%), Manganese: 0.23mg (11.56%), Vitamin K: 11.26µg (10.72%), Vitamin C: 6.17mg (7.48%), Vitamin B3: 1.43mg (7.16%), Magnesium: 25.38mg (6.34%), Vitamin B5: 0.6mg (5.95%), Copper: 0.11mg (5.4%), Zinc: 0.77mg (5.14%), Potassium: 175.57mg (5.02%), Vitamin B12: 0.28µg (4.67%), Vitamin B6: 0.09mg (4.29%), Vitamin A: 160.5IU (3.21%), Vitamin D: 0.46µg (3.09%)