



Vasilopita - Greek Saint Basil's New Year's Cake

 Vegetarian

READY IN



55 min.

SERVINGS



10

CALORIES



542 kcal

DESSERT

Ingredients

- 1 cup butter
- 1 tablespoon butter for greasing cake pan
- 2 cups granulated sugar white
- 2 tablespoons granulated sugar white for sprinkling
- 3 cups flour
- 6 eggs
- 2 teaspoons double-acting baking powder

- 1 cup milk
- 0.5 teaspoon baking soda
- 1 tablespoon juice of lemon fresh
- 0.3 cup blanched slivered almonds

Equipment

- bowl
- frying pan
- oven
- cake form
- aluminum foil

Directions

- Clean! Silver or gold coin wrapped in aluminum foil (a quarter works well).
- Preheat oven to 350°. Grease a 10 inch round cake pan with 1 Tbs butter.
- In a medium bowl, cream the cup of butter and 2 cups of sugar together until light in color. Stir in the flour and mix until the batter resembles coarse breadcrumbs.
- Add the eggs one at a time, blending each one in well.
- In a small bowl combine the baking powder and milk, add to the cake batter and mix well. Finally combine the lemon juice and baking soda in a small bowl, add to the cake batter and mix well.
- Pour the cake batter in to the greased cake pan, insert the foil wrapped coin, and bake for 20 minutes.
- Remove the cake from the oven, sprinkle the nuts and 2 Tbs sugar over the cake, then return the cake to the oven and bake for a further 20-30 minutes until the cake springs to the touch. Allow to cool on a rack for 10 minutes then invert the pan on to a cake plate.
- Ideally the cake should be served warm; each person gets a slice of the cake starting with the most senior member. Members of the Greek Orthodox Church believe that whoever gets the coin is blessed.

Nutrition Facts



■ PROTEIN 6.39% ■ FAT 40.51% ■ CARBS 53.1%

Properties

Glycemic Index:44.52, Glycemic Load:50.95, Inflammation Score:-6, Nutrition Score:10.434347818727%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 541.61kcal (27.08%), Fat: 24.76g (38.09%), Saturated Fat: 13.83g (86.46%), Carbohydrates: 73.02g (24.34%), Net Carbohydrates: 71.73g (26.09%), Sugar: 43.87g (48.74%), Cholesterol: 152.95mg (50.98%), Sodium: 342.95mg (14.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.79g (17.58%), Selenium: 21.87µg (31.24%), Vitamin B2: 0.38mg (22.07%), Vitamin B1: 0.33mg (21.69%), Folate: 83.38µg (20.84%), Manganese: 0.32mg (15.78%), Vitamin A: 784.63IU (15.69%), Phosphorus: 153.84mg (15.38%), Iron: 2.41mg (13.37%), Vitamin B3: 2.37mg (11.83%), Calcium: 110.1mg (11.01%), Vitamin E: 1.51mg (10.1%), Vitamin B5: 0.7mg (6.97%), Vitamin B12: 0.41µg (6.79%), Magnesium: 22.37mg (5.59%), Zinc: 0.81mg (5.4%), Vitamin D: 0.8µg (5.31%), Copper: 0.1mg (5.21%), Fiber: 1.29g (5.14%), Vitamin B6: 0.08mg (4.04%), Potassium: 139.29mg (3.98%), Vitamin K: 1.95µg (1.86%)