



Fresh Peach Cake

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



514 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 2 extra large eggs at room temperature
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon kosher salt
- 3 large peaches pitted ripe peeled sliced
- 0.5 cup pecans chopped

- 1 cup cup heavy whipping cream sour at room temperature
- 1.5 cups sugar
- 0.3 pound butter unsalted at room temperature (1 stick)
- 1 teaspoon vanilla extract pure

Equipment

- bowl
- frying pan
- oven
- blender
- baking pan
- hand mixer
- toothpicks

Directions

- Preheat the oven to 350 degrees F. Grease a 9-inch-square baking pan.
- In the bowl of an electric mixer fitted with the paddle attachment, beat the butter and 1 cup of the sugar for 3 to 5 minutes on medium-high speed, until light and fluffy. With the mixer on low, add the eggs, one at a time, then the sour cream and vanilla, and mix until the batter is smooth. In a separate bowl, sift together the flour, baking soda, baking powder and salt. With the mixer on low, slowly add the dry ingredients to the batter and mix just until combined. In a small bowl, combine the remaining 1/2 cup sugar and the cinnamon.
- Spread half of the batter evenly in the pan. Top with half of the peaches, then sprinkle with two-thirds of the sugar mixture.
- Spread the remaining batter on top, arrange the remaining peaches on top and sprinkle with the remaining sugar mixture and the pecans.
- Bake the cake for 45 to 55 minutes, until a toothpick inserted in the center comes out clean.
- Serve warm or at room temperature.
- Photograph by Quentin Bacon

Nutrition Facts



■ PROTEIN 5.36% ■ FAT 40.93% ■ CARBS 53.71%

Properties

Glycemic Index:36.54, Glycemic Load:45.86, Inflammation Score:-6, Nutrition Score:10.778695510781%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg Epicatechin: 1.59mg, Epicatechin: 1.59mg, Epicatechin: 1.59mg, Epicatechin: 1.59mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 513.66kcal (25.68%), Fat: 23.92g (36.8%), Saturated Fat: 11.11g (69.41%), Carbohydrates: 70.62g (23.54%), Net Carbohydrates: 68g (24.73%), Sugar: 44.4g (49.33%), Cholesterol: 99.52mg (33.17%), Sodium: 375.1mg (16.31%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 7.05g (14.09%), Manganese: 0.61mg (30.71%), Selenium: 17.97µg (25.67%), Vitamin B1: 0.32mg (21.21%), Vitamin B2: 0.31mg (18.14%), Folate: 71.37µg (17.84%), Vitamin A: 827.43IU (16.55%), Phosphorus: 131.18mg (13.12%), Vitamin B3: 2.5mg (12.51%), Iron: 2.21mg (12.28%), Fiber: 2.62g (10.46%), Copper: 0.2mg (9.97%), Calcium: 84.77mg (8.48%), Vitamin E: 1.18mg (7.89%), Zinc: 0.98mg (6.51%), Magnesium: 25.56mg (6.39%), Vitamin B5: 0.62mg (6.24%), Potassium: 202.79mg (5.79%), Vitamin B6: 0.08mg (4.05%), Vitamin C: 3.03mg (3.68%), Vitamin K: 3.84µg (3.66%), Vitamin B12: 0.21µg (3.48%), Vitamin D: 0.49µg (3.28%)