



# Fruit-Studded Polenta Shortcake

 Vegetarian

READY IN



180 min.

SERVINGS



8

CALORIES



375 kcal

DESSERT

## Ingredients

- 1 cup figs dried cut into quarters lengthwise
- 1 large eggs beaten at room temperature
- 1 tablespoon fennel seeds toasted (see notes)
- 1 cup flour all-purpose
- 0.3 cup golden raisins
- 2 tablespoons olive oil extra virgin extra-virgin
- 0.3 cup pinenuts raw (see notes)
- 1 cup polenta

- 1 teaspoon salt
- 0.5 cup sugar
- 3 tablespoons butter unsalted cut into 3 pieces
- 0.3 cup breadcrumbs toasted
- 2 cups water

## Equipment

- frying pan
- sauce pan
- oven
- wire rack
- cake form
- wooden spoon
- spatula

## Directions

- Adjust oven rack to middle position and preheat oven to 375°F. Grease a 9-inch round cake pan with 1 tablespoon butter and sprinkle with bread crumbs, tapping and shaking pan to distribute crumbs evenly.
- Bring water to boil in large heavy-bottomed saucepan over medium-high heat. Reduce heat to medium and add polenta in a slow, steady stream, stirring constantly with a wooden spoon. Stir in salt and olive oil and continue stirring until polenta thickens and the water has been fully absorbed, about 30 to 60 seconds.
- Remove from heat.
- Add sugar, pine nuts, raisins, figs, remaining 2 tablespoons butter, beaten egg, and fennel seeds and stir until thoroughly combined.
- Add the flour and stir until thoroughly combined.
- Scrape batter into prepared pan, smoothing top out with rubber spatula.
- Bake until cake tester comes out clean, 45 to 60 minutes.

Transfer to cooling rack and cool in pan 10 minutes. Invert cake onto plate, then invert onto cooling rack so domed side is facing up. Cool completely on rack, 1 to 2 hours, before serving.

## Nutrition Facts



### Properties

Glycemic Index:29.09, Glycemic Load:23.06, Inflammation Score:-4, Nutrition Score:9.3026086713957%

### Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

### Nutrients (% of daily need)

Calories: 374.65kcal (18.73%), Fat: 13.12g (20.19%), Saturated Fat: 3.79g (23.66%), Carbohydrates: 60.51g (20.17%), Net Carbohydrates: 57.04g (20.74%), Sugar: 25.58g (28.42%), Cholesterol: 34.54mg (11.51%), Sodium: 331.87mg (14.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.35g (12.71%), Manganese: 0.82mg (40.98%), Selenium: 11.77µg (16.81%), Vitamin B1: 0.22mg (14.92%), Fiber: 3.47g (13.86%), Iron: 2.16mg (12.01%), Copper: 0.22mg (10.98%), Magnesium: 43.49mg (10.87%), Phosphorus: 106.01mg (10.6%), Vitamin B2: 0.17mg (10.22%), Folate: 40.06µg (10.02%), Vitamin B3: 1.87mg (9.34%), Vitamin E: 1.3mg (8.68%), Vitamin K: 8.97µg (8.54%), Potassium: 278.8mg (7.97%), Calcium: 59.04mg (5.9%), Zinc: 0.87mg (5.77%), Vitamin B6: 0.1mg (4.95%), Vitamin A: 211.99IU (4.24%), Vitamin B5: 0.39mg (3.92%), Vitamin D: 0.2µg (1.36%), Vitamin B12: 0.08µg (1.27%)