

Fruit-Studded Polenta Shortcake

Vegetarian



SERVINGS

SERVINGS

8

calories ô

375 kcal

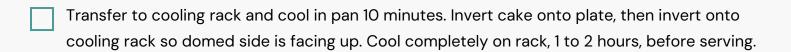
DESSERT

Ingredients

180 min.

I 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 spoor 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.	



Nutrition Facts

PROTEIN 6.59% FAT 30.63% CARBS 62.78%

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

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: Og (100%), Alcohol %: O% (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%)