



Greek Honey Cake

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



632 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.8 cup butter
- ☐ 3 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 cup honey
- ☐ 1 teaspoon juice of lemon
- ☐ 0.3 cup milk

- ☐ 1 teaspoon orange zest
- ☐ 0.3 teaspoon salt
- ☐ 1 cup walnuts chopped
- ☐ 0.8 cup water
- ☐ 0.8 cup sugar white
- ☐ 1 cup sugar white

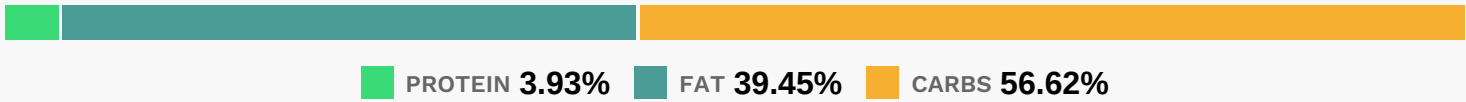
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9 inch square pan.
- ☐ Combine the flour, baking powder, salt, cinnamon and orange rind. Set aside.
- ☐ In a large bowl, cream together the butter and 3/4 cup sugar until light and fluffy. Beat in the eggs one at a time. Beat in the flour mixture alternately with the milk, mixing just until incorporated. Stir in the walnuts.
- ☐ Pour batter into prepared pan.
- ☐ Bake in the preheated oven for 40 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool for 15 minutes, then cut into diamond shapes.
- ☐ Pour honey syrup over the cake.
- ☐ In a saucepan, combine honey, 1 cup sugar and water. Bring to a simmer and cook 5 minutes. Stir in lemon juice, bring to a boil and cook for 2 minutes.

Nutrition Facts



Properties

Glycemic Index:59.06, Glycemic Load:57.91, Inflammation Score:-5, Nutrition Score:8.8904347627059%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 631.62kcal (31.58%), Fat: 28.9g (44.47%), Saturated Fat: 12.52g (78.24%), Carbohydrates: 93.32g (31.11%), Net Carbohydrates: 91.74g (33.36%), Sugar: 79.34g (88.15%), Cholesterol: 108.05mg (36.02%), Sodium: 319.21mg (13.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.49g (12.97%), Manganese: 0.67mg (33.43%), Selenium: 12.05µg (17.21%), Copper: 0.29mg (14.49%), Phosphorus: 131.27mg (13.13%), Folate: 52.37µg (13.09%), Vitamin B2: 0.22mg (12.77%), Vitamin A: 637.65IU (12.75%), Vitamin B1: 0.18mg (12.33%), Iron: 1.74mg (9.66%), Calcium: 89.86mg (8.99%), Magnesium: 31.31mg (7.83%), Vitamin B6: 0.13mg (6.49%), Fiber: 1.58g (6.33%), Zinc: 0.93mg (6.19%), Vitamin B3: 1.17mg (5.86%), Vitamin E: 0.79mg (5.25%), Vitamin B5: 0.49mg (4.88%), Potassium: 145.32mg (4.15%), Vitamin B12: 0.22µg (3.74%), Vitamin D: 0.41µg (2.76%), Vitamin K: 2.04µg (1.95%), Vitamin C: 0.99mg (1.2%)