



WHATSheATE



Honey Almond Cake



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



598 kcal

DESSERT

Ingredients

- ☐ 2 cups almonds
- ☐ 6 large eggs
- ☐ 0.5 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup honey
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon lemon zest grated
- ☐ 1 cup matzah meal

- ☐ 1 cup matzah cake meal
- ☐ 0.5 cup oil
- ☐ 2 cups sugar
- ☐ 0.7 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ In a saucepan, combine the honey, water, sugar and lemon juice. Stir over medium-low heat until sugar dissolves. Increase heat and boil one minute. Cool. Preheat oven to 350
- ☐ Oil 13-X-9-X-2-inch metal baking pan. Finely grind almonds and 1/2 cup sugar in processor; transfer to medium bowl.
- ☐ Whisk in matzah cake meal, matzah meal, cinnamon and allspice. Using electric mixer, beat eggs and remaining 1 1/2 cups sugar in large bowl until very thick and pale in color, about 10 minutes. Beat in oil and lemon peel. Fold in almond mixture.
- ☐ Transfer batter to prepared pan.
- ☐ Bake cake until tester inserted into center comes out clean, about 45 minutes.
- ☐ Cut hot cake into 32 squares; leave in pan.
- ☐ Drizzle cooled syrup over.
- ☐ Let stand until syrup is absorbed, at least 30 minutes.
- ☐ Serve warm or at room temperature. This can be made two days ahead. Cool, cover and store at room temperature.

Nutrition Facts



 **PROTEIN 8.2%**  **FAT 28.73%**  **CARBS 63.07%**

Properties

Glycemic Index:15.24, Glycemic Load:42.76, Inflammation Score:-4, Nutrition Score:15.298261113789%

Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 598.33kcal (29.92%), Fat: 19.91g (30.63%), Saturated Fat: 2.26g (14.12%), Carbohydrates: 98.35g (32.78%), Net Carbohydrates: 93.66g (34.06%), Sugar: 69.37g (77.08%), Cholesterol: 111.6mg (37.2%), Sodium: 45.62mg (1.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.79g (25.58%), Vitamin E: 8.06mg (53.74%), Manganese: 0.91mg (45.56%), Vitamin B2: 0.57mg (33.33%), Selenium: 21.25µg (30.35%), Phosphorus: 224.04mg (22.4%), Magnesium: 89.37mg (22.34%), Fiber: 4.69g (18.77%), Copper: 0.35mg (17.66%), Iron: 2.67mg (14.81%), Vitamin B1: 0.18mg (12.06%), Vitamin B3: 2.2mg (11.01%), Calcium: 104.12mg (10.41%), Zinc: 1.56mg (10.39%), Potassium: 309.97mg (8.86%), Folate: 33.47µg (8.37%), Vitamin B5: 0.75mg (7.52%), Vitamin B6: 0.13mg (6.74%), Vitamin B12: 0.27µg (4.45%), Vitamin C: 3.35mg (4.06%), Vitamin D: 0.6µg (4%), Vitamin A: 164.08IU (3.28%), Vitamin K: 1.83µg (1.75%)