



Individual Walnut Cake with Yogurt

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



726 kcal

DESSERT

Ingredients

- 1 large eggs
- 2 tablespoons flour all-purpose
- 2 teaspoons honey
- 1 optional: lemon
- 0.5 teaspoon lemon zest fresh finely grated
- 1 serving yogurt (preferably Greek)
- 3 tablespoons sugar
- 2 tablespoons butter unsalted cut into small pieces

- 1 ounce walnuts
- 2 tablespoons water

Equipment

- food processor
- bowl
- sauce pan
- oven
- knife
- skewers

Directions

- Put oven rack in middle position and preheat oven to 350°F.
- Pulse nuts in a food processor until coarsely chopped and reserve 1 1/2 tablespoons in a small bowl.
- Add sugar and a pinch of salt to nuts in processor and pulse until nuts are finely chopped.
- Add butter and zest and process until smooth, then add egg and process until blended, scraping down side of bowl.
- Add flour and pulse just until incorporated, 2 or 3 times (do not overblend).
- Pour batter into ungreased dish and sprinkle with reserved nuts.
- Bake until cake is browned around edge and puffed, and a wooden pick or skewer inserted in center comes out clean, 20 to 25 minutes.
- Transfer cake in dish to a rack.
- Finely grate 1/4 teaspoon zest from lemon, then halve lemon and squeeze enough juice to measure 2 teaspoons.
- Bring lemon juice, sugar, water, and honey to a boil in a very small saucepan, stirring until sugar is dissolved, then boil 1 minute. Stir in zest and cool to warm.
- Run a thin knife around edge of cake to loosen and pour 3 tablespoons syrup over hot cake in dish, letting syrup run down sides and underneath cake. Cool cake at least 15 minutes.
- Transfer to a plate and serve with remaining syrup and yogurt.

Nutrition Facts

PROTEIN 7.14% FAT 54.59% CARBS 38.27%

Properties

Glycemic Index:242.86, Glycemic Load:41.62, Inflammation Score:-8, Nutrition Score:19.673913095308%

Flavonoids

Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 725.78kcal (36.29%), Fat: 46.54g (71.6%), Saturated Fat: 17.75g (110.95%), Carbohydrates: 73.4g (24.47%), Net Carbohydrates: 67.94g (24.71%), Sugar: 51.22g (56.91%), Cholesterol: 246.22mg (82.07%), Sodium: 80.36mg (3.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.7g (27.4%), Vitamin C: 58.98mg (71.49%), Manganese: 1.13mg (56.52%), Selenium: 22.91µg (32.72%), Copper: 0.57mg (28.31%), Phosphorus: 239.54mg (23.95%), Vitamin B2: 0.39mg (23.03%), Folate: 91.98µg (23%), Fiber: 5.46g (21.85%), Vitamin A: 999.72IU (19.99%), Vitamin B1: 0.28mg (18.67%), Iron: 3.14mg (17.42%), Vitamin B6: 0.34mg (16.83%), Magnesium: 64.21mg (16.05%), Vitamin B5: 1.25mg (12.49%), Zinc: 1.77mg (11.77%), Potassium: 377.98mg (10.8%), Vitamin E: 1.55mg (10.31%), Calcium: 98.26mg (9.83%), Vitamin D: 1.42µg (9.47%), Vitamin B12: 0.5µg (8.31%), Vitamin B3: 1.38mg (6.91%), Vitamin K: 2.92µg (2.78%)