



Italian Almond Cake

READY IN



45 min.

SERVINGS



8

CALORIES



293 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 cup butter softened
- 0.5 cup cake flour sifted
- 2 large egg yolks
- 2 large eggs
- 0.3 cup vanilla yogurt low-fat
- 0.3 cup marzipan cut into small pieces (almond paste)
- 0.3 cup orange juice
- 1.3 cups powdered sugar sifted

- 1.5 teaspoons powdered sugar
- 0.5 cup raisins
- 0.5 teaspoon vanilla extract
- 0.5 cup cornmeal yellow

Equipment

- bowl
- frying pan
- oven
- wire rack
- blender
- cake form
- microwave

Directions

- Preheat oven to 350
- Microwave juice in a small bowl at HIGH 30 seconds or until hot.
- Add raisins.
- Let stand 10 minutes; drain.
- Combine cornmeal, flour, and baking powder in a bowl.
- Combine butter, marzipan, and vanilla in a large bowl; beat with a mixer at medium speed until very smooth. Gradually add 1 1/4 cups powdered sugar, beating until light and fluffy.
- Add eggs and egg yolks, 1 at a time, beating well after each addition.
- Add cornmeal mixture and yogurt, beating until blended. Stir in raisins.
- Pour batter into an 8-inch round cake pan coated with cooking spray.
- Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack.
- Remove from pan; cool completely on a wire rack.
- Sprinkle with 1 1/2 teaspoons powdered sugar.

Nutrition Facts

PROTEIN 7.38% FAT 32.79% CARBS 59.83%

Properties

Glycemic Index:48.54, Glycemic Load:12.35, Inflammation Score:-3, Nutrition Score:6.4926086430964%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 293.48kcal (14.67%), Fat: 10.91g (16.78%), Saturated Fat: 4.83g (30.2%), Carbohydrates: 44.78g (14.93%), Net Carbohydrates: 42.68g (15.52%), Sugar: 23.26g (25.85%), Cholesterol: 108.03mg (36.01%), Sodium: 127.67mg (5.55%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Protein: 5.52g (11.05%), Selenium: 10.84µg (15.48%), Phosphorus: 120.69mg (12.07%), Manganese: 0.22mg (10.96%), Vitamin B2: 0.16mg (9.61%), Vitamin E: 1.44mg (9.57%), Fiber: 2.09g (8.38%), Calcium: 74.24mg (7.42%), Magnesium: 28.62mg (7.16%), Folate: 26.87µg (6.72%), Vitamin A: 325.01IU (6.5%), Iron: 1.14mg (6.33%), Vitamin B6: 0.12mg (6.2%), Copper: 0.12mg (5.8%), Zinc: 0.83mg (5.54%), Potassium: 193.56mg (5.53%), Vitamin C: 4.43mg (5.37%), Vitamin B1: 0.08mg (5.01%), Vitamin B5: 0.49mg (4.89%), Vitamin B12: 0.25µg (4.11%), Vitamin D: 0.48µg (3.2%), Vitamin B3: 0.58mg (2.89%)