

Italian Fresh Purple Grape Cake

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



309 kcal

DESSERT

Ingredients

- 0.8 teaspoon double-acting baking powder
- 2 eggs
- 0.3 cup olive oil extra virgin
- 1.5 cups flour all-purpose
- 10 ounces grapes
- 2 tablespoons lemon zest grated
- 0.3 cup milk
- 2 tablespoons orange zest grated

- 1 pinch salt
- 4 tablespoons butter unsalted melted
- 0.5 teaspoon vanilla extract
- 0.7 cup granulated sugar white

Equipment

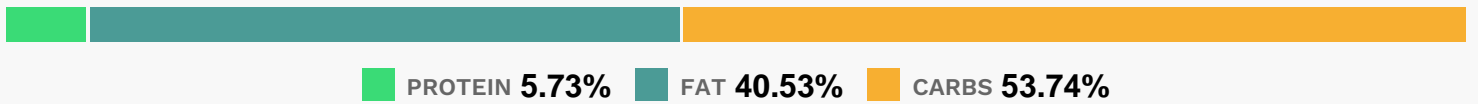
- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- hand mixer
- cake form
- wooden spoon
- spatula
- springform pan

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Generously butter and flour the 9 inch springform cake pan, tapping out any excess flour. Set aside.
- In the bowl of an electric mixer fitted with a whisk, beat the eggs and sugar until thick and lemon-colored, about 3 minutes.
- Add the butter, oil, milk and vanilla extract, and mix until blended.
- Sift the flour, baking powder and salt into a large bowl.
- Add the lemon zest and orange zest, and toss to coat the zest with flour.
- Spoon the flour mixture into the bowl of batter and stir with a wooden spoon until thoroughly blended. Scrape down the sides of the bowl and mix once more. Set aside for 10 minutes to allow the flour to absorb the liquids.

- Stir in about 3/4 of the grapes into the batter. Spoon the batter into the prepared cake pan and smooth out the top with a spatula.
- Place the pan in the center of the oven at 350 degrees F (175 degrees C).
- Bake for 15 minutes, then sprinkle the top of the cake with the remaining grapes.
- Bake for about 40 minutes more, until the top is a deep golden brown and the cake feels quite firm when pressed with a fingertip.
- Remove from oven and cool on a wire rack. After 10 minutes, run a knife along the sides of the pan. Release and remove the side of the springform pan, leaving the cake on the pan base.
- Serve at room temperature, cut into thin wedges.

Nutrition Facts



Properties

Glycemic Index:40.14, Glycemic Load:27.65, Inflammation Score:-3, Nutrition Score:6.8008695892666%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 308.7kcal (15.43%), Fat: 14.15g (21.76%), Saturated Fat: 5.12g (31.98%), Carbohydrates: 42.21g (14.07%), Net Carbohydrates: 40.94g (14.89%), Sugar: 22.82g (25.35%), Cholesterol: 57.19mg (19.06%), Sodium: 66.48mg (2.89%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 4.5g (9%), Selenium: 11.75µg (16.78%), Vitamin B1: 0.22mg (14.77%), Vitamin B2: 0.21mg (12.54%), Folate: 49.62µg (12.41%), Manganese: 0.19mg (9.5%), Vitamin K: 9.86µg (9.39%), Vitamin E: 1.34mg (8.96%), Iron: 1.52mg (8.45%), Phosphorus: 74.85mg (7.49%), Vitamin B3: 1.49mg (7.46%), Vitamin C: 5.11mg (6.19%), Vitamin A: 281.24IU (5.62%), Calcium: 54.13mg (5.41%), Fiber: 1.27g (5.08%), Copper: 0.09mg (4.6%), Potassium: 131.3mg (3.75%), Vitamin B6: 0.07mg (3.56%), Vitamin B5: 0.35mg (3.47%), Vitamin D: 0.44µg (2.91%), Magnesium: 11mg (2.75%), Vitamin B12: 0.16µg (2.74%), Zinc: 0.39mg (2.59%)