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WHATSheATE



ToriAvey.com

Lazy Daisy Cake

READY IN



45 min.

SERVINGS



9

CALORIES



1085 kcal

Ingredients

- ☐ 1 tsp double-acting baking powder
- ☐ 1 tbsp butter
- ☐ 5 tbsp butter at room temperature
- ☐ 2 cups garbanzo beans drained and rinsed canned
- ☐ 14.5 oz canned tomatoes diced canned
- ☐ 2 medium carrots peeled chopped
- ☐ 0.1 tsp ground pepper
- ☐ 2 tbsp cotija cheese crumbled (optional â€” you may substitute feta or omit to make it dairy free)
- ☐ 1 cup couscous uncooked (for vegan, choose a vegan couscous)
- ☐ 0.5 cup wine dry white

- ☐ 2 eggs
- ☐ 2 tbsp olive oil extra virgin
- ☐ 1 cup flour all-purpose
- ☐ 9 servings mint leaves fresh thinly sliced for garnish
- ☐ 2 large garlic clove minced
- ☐ 1 lb green beans trimmed
- ☐ 0.5 tsp ground cinnamon
- ☐ 1 tsp ground cumin
- ☐ 0.3 tsp turmeric
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 0.3 tsp kosher salt
- ☐ 1 tsp kosher salt
- ☐ 1 tbsp juice of lemon fresh
- ☐ 3 tbsp juice of lemon fresh to taste
- ☐ 0.5 tsp lemon zest
- ☐ 1 tsp lemon zest
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.5 cup milk
- ☐ 1 tbsp butter
- ☐ 2 tbsp olive oil
- ☐ 0.5 tsp paprika
- ☐ 9 servings pot roast cut
- ☐ 1 large pot roast cut with lid, immersion blender
- ☐ 9 servings salt and pepper to taste
- ☐ 1 cup sugar
- ☐ 1 cup coconut shredded sweetened
- ☐ 1 tbsp tomato paste
- ☐ 1 tsp vanilla
- ☐ 4 cups vegetable stock

- ☐ 2 cups water
- ☐ 1 medium onion yellow chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ cake form
- ☐ broiler
- ☐ kitchen towels
- ☐ immersion blender
- ☐ colander

Directions

- ☐ Heat the oven to 350F and spray a 9x9-inch cake pan with non-stick cooking spray. In a medium saucepan over medium heat add the milk. Once the milk begins to simmer turn off the heat and add the tablespoon of butter and vanilla. Stir until the butter is melted. Set aside to cool. In a medium bowl add the sugar, milk mixture, and eggs.
- ☐ Mix until well combined. Then add the flour, baking powder, and salt.
- ☐ Mix until no large lumps remain, about 12 strokes.
- ☐ Pour the batter into the prepared pan.
- ☐ Bake for 22–25 minutes, or until the cake is just golden brown around the edges and the center of the cake springs back when gently pressed. While the cake bakes prepare the icing. In a medium saucepan combine the brown sugar, five tablespoons of butter, and cream. Cook the mixture over medium heat until it comes to a boil then turn off the heat and stir in the coconut. Once the cake has baked remove it from the oven and turn on the broiler.
- ☐ Spread the icing evenly over the cake, then place the cake under the broiler for 3–5 minutes, or until the icing is bubbling vigorously all over.

- ☐ Remove the cake from the oven and cool to room temperature in the pan before slicing and serving. Keeps for up to three days in an air tight container at room temperature.
- ☐ Pour about 1 inch of water in the bottom of a medium pot and bring to a boil.
- ☐ Add the green beans and cover the pot. Steam the green beans for 3–5 minutes until bright green and tender–crisp.
- ☐ Drain the green beans and rinse them with cold water to stop the cooking process, then shake in the colander to drain completely.
- ☐ Spread the beans out on a kitchen towel to get rid of excess moisture. These steps can be done 1–2 hours ahead. The rest of the cooking should be done just before serving. For this next part, turn on the vent or open the windows, it will get smoky!
- ☐ Heat a cast iron skillet over medium high for a few minutes to get it very hot.
- ☐ Pour in the olive oil; it will begin to smoke slightly. Quickly add the drained green beans to the skillet and turn the heat to high. Sear the green beans for 2–3 minutes, stirring occasionally, until the beans have color and are slightly blackened in places.
- ☐ Remove from heat.
- ☐ Sprinkle the beans with fresh lemon juice, then add salt and pepper to taste.
- ☐ Place the beans on a serving plate and sprinkle with crumbled cotija cheese.
- ☐ Serve warm. In a large soup pot, heat olive oil over medium heat.
- ☐ Add onion and cook until softened, 4 minutes. Stir in garlic, tomato paste, salt, cumin, paprika, cinnamon, turmeric and cayenne pepper, cooking for 1–2 minutes.
- ☐ Add white wine and reduce until almost completely evaporated.
- ☐ Add carrots and chickpeas, stirring to combine with spices.
- ☐ Add vegetable broth and diced tomatoes and bring to a boil. Lower heat and simmer for 15 minutes. While the soup simmers, prepare the couscous. In a small saucepan, bring water, lemon juice and salt to a boil over medium high heat.
- ☐ Remove saucepan from heat and stir in couscous and lemon zest. Cover and let stand for 5 minutes. Uncover the couscous and fluff using a fork. Once soup finishes simmering, remove from heat. Using a hand held immersion blender, lightly puree soup, leaving it slightly chunky. Stir in butter, lemon juice and lemon zest. Top each bowl of soup with a mound of lemon couscous and sprinkle with fresh mint.

Nutrition Facts



Properties

Glycemic Index:95.81, Glycemic Load:37.43, Inflammation Score:-10, Nutrition Score:51.410869287408%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg

Nutrients (% of daily need)

Calories: 1084.97kcal (54.25%), Fat: 42.66g (65.63%), Saturated Fat: 18.57g (116.05%), Carbohydrates: 83.07g (27.69%), Net Carbohydrates: 76.48g (27.81%), Sugar: 45.59g (50.66%), Cholesterol: 300.3mg (100.1%), Sodium: 1616.3mg (70.27%), Alcohol: 1.53g (100%), Alcohol %: 0.24% (100%), Protein: 88.76g (177.51%), Selenium: 99.51µg (142.16%), Zinc: 20.87mg (139.15%), Vitamin B12: 7.75µg (129.24%), Vitamin B6: 2.22mg (110.82%), Vitamin B3: 21.44mg (107.18%), Phosphorus: 916.26mg (91.63%), Vitamin A: 3565.63IU (71.31%), Iron: 10.62mg (59.03%), Manganese: 1.17mg (58.57%), Vitamin B2: 0.9mg (53.18%), Potassium: 1730.63mg (49.45%), Vitamin B1: 0.55mg (36.41%), Magnesium: 143.54mg (35.89%), Vitamin B5: 3.41mg (34.1%), Vitamin K: 35.48µg (33.79%), Copper: 0.65mg (32.52%), Folate: 122.38µg (30.59%), Fiber: 6.59g (26.37%), Vitamin E: 3.43mg (22.89%), Calcium: 216.31mg (21.63%), Vitamin C: 16.19mg (19.62%), Vitamin D: 0.82µg (5.47%)