



## Lemon Polenta Cake with Winter Fruit Compote

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



237 kcal

DESSERT

### Ingredients

- 1 cup apple juice unsweetened
- 0.5 teaspoon baking soda
- 0.5 cup cranberries fresh
- 2 large eggs
- 0.3 cup olive oil extravirgin
- 5.5 ounces flour all-purpose
- 0.5 cup golden raisins

- 2 teaspoons juice of lemon fresh
- 2 teaspoons lemon rind grated
- 0.7 cup buttermilk reduced-fat
- 1.8 cups pears peeled finely chopped ( 2)
- 0.3 teaspoon salt
- 1 cup sugar
- 0.5 cup cornmeal yellow

## Equipment

- bowl
- frying pan
- sauce pan
- baking paper
- oven
- knife
- whisk
- wire rack
- cake form
- measuring cup

## Directions

- Preheat oven to 35
- To prepare cake, coat an 8-inch round cake pan with cooking spray; line bottom of pan with parchment paper. Coat paper with cooking spray. Set aside.
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 4 ingredients (through salt) in a large bowl, stirring well with a whisk. Make a well in center of mixture.
- Combine buttermilk, oil, eggs, and rind, stirring well with a whisk.
- Add buttermilk mixture to flour mixture, stirring until moist.

- Pour batter into prepared pan.
- Bake at 350 for 40 minutes or until wooden pick inserted in center comes out clean. Cool in the pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.
- To prepare compote, combine apple juice and raisins in a small saucepan over medium-high heat; bring to a boil. Reduce the heat, and cook until reduced to 2/3 cup (about 4 minutes).
- Add fresh cranberries to pan; cook 3 minutes or until cranberries pop.
- Add pear to pan; cook 2 minutes or until pears are tender.
- Remove from heat; stir in lemon juice.
- Wine note: With a modestly sweet dessert like this, try a classic Madeira like Blandy's 5-Year-Old Verdelho (\$21), which echoes the dried fruit with raisin and apricot flavors while adding its own touch of caramel sweetness.
- Serve it slightly chilled to contrast the warm cake. And don't worry about finishing the bottle; Madeira lasts almost indefinitely, even after it's been opened. –Jeffery Lindenmuth

## Nutrition Facts



**PROTEIN 6.28%** **FAT 22.54%** **CARBS 71.18%**

## Properties

Glycemic Index:32.73, Glycemic Load:26.41, Inflammation Score:-2, Nutrition Score:5.2247826068298%

## Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 2.05mg, Peonidin: 2.05mg, Peonidin: 2.05mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 2.04mg, Epicatechin: 2.04mg, Epicatechin: 2.04mg, Epicatechin: 2.04mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

## Nutrients (% of daily need)

Calories: 237.33kcal (11.87%), Fat: 6.1g (9.39%), Saturated Fat: 1.08g (6.74%), Carbohydrates: 43.36g (14.45%), Net Carbohydrates: 41.19g (14.98%), Sugar: 25.51g (28.34%), Cholesterol: 31.53mg (10.51%), Sodium: 128.29mg (5.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.65%), Selenium: 7.82µg (11.17%), Manganese: 0.19mg (9.74%), Vitamin B1: 0.14mg (9.22%), Vitamin B2: 0.15mg (9.09%), Fiber: 2.17g (8.69%), Folate: 32.69µg (8.17%), Phosphorus: 69.08mg (6.91%), Iron: 1.18mg (6.53%), Vitamin E: 0.87mg (5.79%), Vitamin B3: 1.07mg (5.36%), Vitamin B6: 0.1mg (4.84%), Potassium: 165.16mg (4.72%), Copper: 0.09mg (4.49%), Magnesium: 17.56mg (4.39%), Vitamin K: 4.25µg (4.05%), Vitamin C: 2.86mg (3.46%), Zinc: 0.51mg (3.42%), Calcium: 30.52mg (3.05%), Vitamin B5: 0.31mg (3.05%), Vitamin B12: 0.1µg (1.72%), Vitamin A: 60.06IU (1.2%), Vitamin D: 0.17µg (1.11%)