



 **61%**  
HEALTH SCORE

## Limoncello Pine Nut Upside Down Cakes

 Vegetarian  Dairy Free  Very Healthy

READY IN



75 min.

SERVINGS



1

CALORIES



3789 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup cornmeal
- 2 eggs at room temperature
- 1.3 cups flour
- 1 cup granulated sugar divided
- 12 optional: lemon seeded thin (from)
- 2 tablespoons juice of lemon

- 1 lemon zest
- 0.5 cup brown sugar light packed
- 0.3 cup limoncello (lemon liqueur)
- 6 tablespoons olive oil extra virgin extra-virgin
- 6 tablespoons pinenuts toasted
- 0.3 teaspoon salt
- 0.5 teaspoon vanilla extract

## Equipment

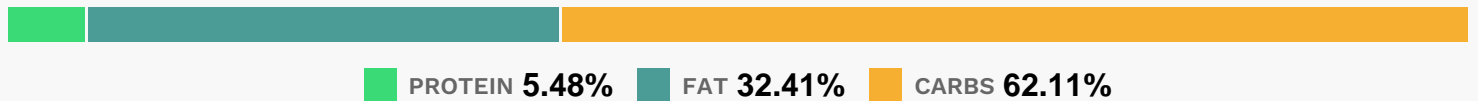
- bowl
- frying pan
- baking paper
- oven
- knife
- whisk
- blender
- ramekin
- baking pan
- toothpicks
- spatula
- tongs

## Directions

- Preheat oven to 35
- Spray ramekins with cooking spray.
- Cut 12 parchment paper circles to fit ramekins; set 1 in each.
- Bring brown sugar, 1/2 cup granulated sugar, and 1 cup water to a simmer in a large frying pan and cook until reduced slightly and sugar has dissolved, about 5 minutes. Turn off heat and submerge lemon slices in syrup.

- Let sit, turning occasionally, until rind and pith have begun to turn translucent, 20 to 30 minutes.
- Beat oil, lemon zest and juice, vanilla, salt, eggs, remaining sugar, and limoncello in a bowl with a mixer on medium speed until well blended.
- Whisk together flour, cornmeal, baking powder, and baking soda in a medium bowl. Gradually add to wet mixture and beat on medium speed until just blended. Stir in pine nuts.
- Pour 1 tbsp. syrup from lemon slices into each ramekin. Using tongs, remove lemon slices from syrup and put one in each ramekin; reserve remaining syrup. Evenly divide batter among ramekins and set on a rimmed baking pan.
- Bake until a toothpick inserted in centers comes out clean, about 25 minutes.
- Let cool on a rack 10 minutes, then run a small, thin knife or spatula between cakes and ramekin edges and invert cakes onto plates or a platter.
- Remove parchment from cakes and brush with more syrup if you like.

## Nutrition Facts



## Properties

Glycemic Index:331.09, Glycemic Load:265.73, Inflammation Score:-10, Nutrition Score:74.205652112546%

## Flavonoids

Eriodictyol: 278.29mg, Eriodictyol: 278.29mg, Eriodictyol: 278.29mg, Eriodictyol: 278.29mg Hesperetin: 365.92mg, Hesperetin: 365.92mg, Hesperetin: 365.92mg, Hesperetin: 365.92mg Naringenin: 7.54mg, Naringenin: 7.54mg, Naringenin: 7.54mg, Naringenin: 7.54mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 24.72mg, Luteolin: 24.72mg, Luteolin: 24.72mg, Luteolin: 24.72mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 6.49mg, Myricetin: 6.49mg, Myricetin: 6.49mg, Myricetin: 6.49mg Quercetin: 14.89mg, Quercetin: 14.89mg, Quercetin: 14.89mg, Quercetin: 14.89mg

## Nutrients (% of daily need)

Calories: 3789.09kcal (189.45%), Fat: 141.9g (218.3%), Saturated Fat: 18.46g (115.39%), Carbohydrates: 611.89g (203.96%), Net Carbohydrates: 564.69g (205.34%), Sugar: 366.16g (406.84%), Cholesterol: 327.36mg (109.12%), Sodium: 1744.69mg (75.86%), Alcohol: 19.62g (100%), Alcohol %: 1.16% (100%), Protein: 53.95g (107.9%), Vitamin C: 706.71mg (856.62%), Manganese: 7.1mg (355.18%), Fiber: 47.2g (188.79%), Vitamin B1: 2.13mg (141.92%), Vitamin E: 20.86mg (139.09%), Selenium: 90.58µg (129.4%), Folate: 511.65µg (127.91%), Iron: 22.94mg (127.47%), Phosphorus: 1080.07mg (108.01%), Vitamin B2: 1.66mg (97.39%), Magnesium: 355.68mg (88.92%), Copper: 1.73mg (86.72%), Vitamin B6: 1.62mg (80.79%), Vitamin K: 83.72µg (79.73%), Potassium: 2758.82mg (78.82%), Calcium: 761.26mg

(76.13%), Vitamin B3: 14.38mg (71.92%), Zinc: 8.2mg (54.64%), Vitamin B5: 5.12mg (51.24%), Vitamin A: 782.52IU (15.65%), Vitamin B12: 0.78µg (13.05%), Vitamin D: 1.76µg (11.73%)