



Maple Pecan Cake



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



327 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 tablespoon brandy
- ☐ 6 large egg whites
- ☐ 3 large egg yolks beaten to blend
- ☐ 1 cup flour all-purpose
- ☐ 0.7 cup maple syrup
- ☐ 1 cup pecan flour (see notes)
- ☐ 0.5 cup pecans toasted chopped

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.3 cup vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ cake form

Directions

- ☐ Butter and flour a 9-inch cake pan with a removable rim. In a bowl, stir together all-purpose flour, pecan flour, baking powder, and salt.
- ☐ In a small bowl, mix egg yolks, maple syrup, pecan oil, and brandy.
- ☐ Pour into flour mixture; stir to combine.
- ☐ In a large bowl, with a mixer, beat egg whites until soft peaks form. Beat in sugar, a tablespoon at a time, and continue to beat until glossy, about 2 minutes. Stir a quarter of the egg-white mixture into yolk mixture.
- ☐ Scrape into remaining egg-white mixture and fold in gently.
- ☐ Pour batter into prepared pan.
- ☐ Bake in a 350 oven until cake springs back when lightly pressed in the center, 30 to 35 minutes.
- ☐ Transfer in pan to a rack and let cool about 1 hour.
- ☐ Remove pan rim.
- ☐ Cut cake in half horizontally and place bottom layer on a cake plate.
- ☐ Spread half the maple-cream cheese frosting on bottom layer; top with remaining layer.
- ☐ Spread remaining frosting over top (leave sides bare).
- ☐ Sprinkle with chopped pecans.

Nutrition Facts

PROTEIN 6.8% FAT 53% CARBS 40.2%

Properties

Glycemic Index:30.86, Glycemic Load:17.1, Inflammation Score:-2, Nutrition Score:9.9060870545066%

Flavonoids

Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg Delphinidin: 1.08mg, Delphinidin: 1.08mg, Delphinidin: 1.08mg, Delphinidin: 1.08mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg

Nutrients (% of daily need)

Calories: 326.58kcal (16.33%), Fat: 19.49g (29.98%), Saturated Fat: 2.53g (15.83%), Carbohydrates: 33.26g (11.09%), Net Carbohydrates: 31.49g (11.45%), Sugar: 20.31g (22.57%), Cholesterol: 55.08mg (18.36%), Sodium: 180.52mg (7.85%), Alcohol: 0.5g (100%), Alcohol %: 0.7% (100%), Protein: 5.62g (11.24%), Manganese: 1.25mg (62.65%), Vitamin B2: 0.47mg (27.58%), Selenium: 11.66µg (16.66%), Vitamin B1: 0.22mg (14.68%), Vitamin K: 13.96µg (13.29%), Copper: 0.21mg (10.28%), Phosphorus: 95.08mg (9.51%), Calcium: 90.74mg (9.07%), Folate: 34.38µg (8.6%), Fiber: 1.76g (7.06%), Magnesium: 27.88mg (6.97%), Zinc: 1.04mg (6.9%), Iron: 1.23mg (6.82%), Vitamin E: 0.94mg (6.28%), Vitamin B3: 0.95mg (4.76%), Potassium: 160.73mg (4.59%), Vitamin B5: 0.37mg (3.73%), Vitamin B6: 0.06mg (2.78%), Vitamin B12: 0.12µg (1.95%), Vitamin D: 0.28µg (1.84%), Vitamin A: 81.86IU (1.64%)