



Mini Olive Oil Cakes with Lemon Glaze

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



268 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1.5 cups confectioners' sugar
- ☐ 2 large eggs
- ☐ 1 cup flour for dusting all-purpose plus more
- ☐ 1 teaspoon thyme leaves fresh finely minced for garnish
- ☐ 1.3 cups granulated sugar
- ☐ 2.5 tablespoons juice of lemon from 1 to 2 lemons
- ☐ 2 tablespoons lemon zest grated from 2 lemons

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon butter unsalted melted
- ☐ 2 tablespoons butter unsalted melted
- ☐ 0.7 cup milk whole

Equipment

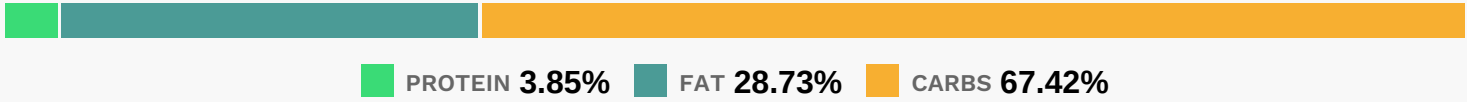
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ muffin tray
- ☐ kugelhkopf pan

Directions

- ☐ Brush a 6- or 12-cup mini Bundt or muffin pan with the melted butter. Lightly dust with flour and shake out the excess.
- ☐ Pulse the granulated sugar and lemon zest in a blender until combined.
- ☐ Add the eggs one at a time, then gradually pour in the olive oil and milk, pulsing until emulsified into a thin batter, about 30 seconds. Don't overblend or the cakes will be too puffy.
- ☐ Whisk 1 cup flour, the baking powder, salt and 1 teaspoon thyme in a small bowl.
- ☐ Add to the blender in 2 batches, pulsing lightly until just combined; stop to scrape down the sides of the blender as needed.
- ☐ Pour the batter into the prepared pan.
- ☐ Bake until the cakes just begin to pull away from the sides of the pan and spring back when lightly touched, 28 to 30 minutes for a 6-cup Bundt pan and 22 to 25 minutes for a 12-cup Bundt or muffin pan. Cool in the pan for 10 minutes, then loosen the sides with a small knife and invert the cakes onto a rack.

- ☐ Whisk the confectioners' sugar, lemon juice and butter until smooth, adding more lemon juice if the mixture is too thick.
- ☐ Drizzle over the warm cakes and garnish with thyme sprigs.
- ☐ Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:26.67, Glycemic Load:21.55, Inflammation Score:-3, Nutrition Score:3.4686956198319%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 268.16kcal (13.41%), Fat: 8.75g (13.46%), Saturated Fat: 2.95g (18.44%), Carbohydrates: 46.21g (15.4%), Net Carbohydrates: 45.79g (16.65%), Sugar: 37.68g (41.87%), Cholesterol: 40.15mg (13.38%), Sodium: 132.86mg (5.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.27%), Selenium: 6.62µg (9.45%), Vitamin B2: 0.12mg (6.97%), Vitamin B1: 0.09mg (6.29%), Folate: 23.91µg (5.98%), Vitamin E: 0.84mg (5.58%), Phosphorus: 46.48mg (4.65%), Iron: 0.73mg (4.08%), Manganese: 0.08mg (3.95%), Calcium: 36.22mg (3.62%), Vitamin C: 2.77mg (3.35%), Vitamin A: 163.03IU (3.26%), Vitamin B3: 0.65mg (3.23%), Vitamin K: 3.05µg (2.91%), Vitamin B12: 0.15µg (2.56%), Vitamin D: 0.37µg (2.46%), Vitamin B5: 0.24mg (2.36%), Fiber: 0.42g (1.68%), Zinc: 0.25mg (1.67%), Vitamin B6: 0.03mg (1.54%), Potassium: 50.5mg (1.44%), Magnesium: 5.64mg (1.41%), Copper: 0.03mg (1.34%)