



Nectarine Cake Squares

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



374 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 large eggs
- ☐ 14 ounces tofu pitted quartered
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cream sour
- ☐ 0.5 cup butter unsalted softened
- ☐ 1 teaspoon vanilla

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ hand mixer
- ☐ wax paper

Directions

- ☐ Preheat oven to 350°F. Butter and flour a 13- by 9- by 2-inch metal baking pan, knocking out excess flour.
- ☐ Sift together flour, baking powder, baking soda, and salt into a small bowl. Beat together butter and 1 cup granulated sugar in a large bowl with an electric mixer at medium-high speed until pale and fluffy, about 2 minutes, then beat in vanilla and almond extract.
- ☐ Add eggs 1 at a time, mixing at low speed after each addition until just combined.
- ☐ Add flour mixture and sour cream alternately in 3 batches, mixing after each addition until just combined.
- ☐ Spread batter in pan, smoothing top.
- ☐ Cut nectarines lengthwise into 1/8-inch slices and toss with lemon juice and remaining 3 tablespoons granulated sugar in a bowl. Arrange slices, overlapping slightly, in 4 crosswise rows over batter. Cover surface of cake with a piece of buttered wax paper (paper helps fruit glaze itself) and bake in middle of oven 15 minutes.
- ☐ Remove paper and bake until a tester comes out clean, 20 to 25 minutes more.
- ☐ While cake is still warm, dust generously with confectioners sugar, then cool completely on a rack.

Nutrition Facts



 **PROTEIN 9.41%**  **FAT 42.83%**  **CARBS 47.76%**

Properties

Glycemic Index:31.51, Glycemic Load:30.69, Inflammation Score:-4, Nutrition Score:6.2973913057991%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 373.91kcal (18.7%), Fat: 17.98g (27.67%), Saturated Fat: 9.42g (58.85%), Carbohydrates: 45.11g (15.04%), Net Carbohydrates: 44.07g (16.03%), Sugar: 25.83g (28.7%), Cholesterol: 85.48mg (28.49%), Sodium: 247.12mg (10.74%), Alcohol: 0.22g (100%), Alcohol %: 0.19% (100%), Protein: 8.89g (17.78%), Selenium: 12.61µg (18.02%), Calcium: 135mg (13.5%), Vitamin B1: 0.19mg (12.87%), Folate: 50.43µg (12.61%), Vitamin B2: 0.21mg (12.21%), Iron: 2.01mg (11.18%), Vitamin A: 511.71IU (10.23%), Manganese: 0.17mg (8.42%), Phosphorus: 81.01mg (8.1%), Vitamin B3: 1.42mg (7.08%), Fiber: 1.04g (4.15%), Vitamin B5: 0.36mg (3.61%), Vitamin E: 0.53mg (3.55%), Vitamin D: 0.46µg (3.09%), Vitamin B12: 0.17µg (2.76%), Zinc: 0.39mg (2.6%), Copper: 0.05mg (2.51%), Magnesium: 8.77mg (2.19%), Vitamin B6: 0.04mg (1.95%), Potassium: 67.22mg (1.92%), Vitamin K: 1.32µg (1.25%), Vitamin C: 0.86mg (1.04%)