



Norwegian Orange Cake



Vegetarian



Gluten Free



Low Fod Map

READY IN



120 min.

SERVINGS



12

CALORIES



259 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoon double-acting baking powder
- ☐ 1.5 sticks butter
- ☐ 12 servings candied orange peel as garnish
- ☐ 3 ounce chocolate dark 70% finely chopped (preferably)
- ☐ 3 large eggs
- ☐ 1 orange zest
- ☐ 0.8 cup powdered sugar
- ☐ 1 cup sugar

Equipment




- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks
- ☐ stand mixer
- ☐ kugelhkopf pan

Directions

- ☐ Heat the oven to 350 degrees. In the bowl of a stand mixer using the beater attachment, or in a large bowl using a hand mixer, beat the butter and 1 cup sugar until light and fluffy, 3 to 5 minutes.
- ☐ Add the eggs, one at a time, until thoroughly incorporated. Beat in the orange zest and one-third cup juice. In a medium bowl, sift together the flour and baking powder. With the mixer running, slowly add the flour mixture until combined to form the cake batter. Fold in the chopped chocolate.
- ☐ Place the batter into a greased and floured 9-inch bundt pan, smoothing the top of the batter. (The batter will come slightly less than halfway up the sides of the pan.)
- ☐ Bake the cake until puffed and lightly browned on top and a toothpick or cake tester inserted comes out clean, 45 to 55 minutes.
- ☐ Remove from the oven and cool in the pan on a cooling rack, then remove from the mold. The finished cake will be about 3 inches tall in the center. While the cake is cooling, make the icing: In a medium bowl, sift the powdered sugar.
- ☐ Add the remaining 2 tablespoons orange juice and whisk to form the icing.
- ☐ Drizzle the icing over the cooled cake, then garnish with the candied orange.

Nutrition Facts



 **PROTEIN 3.42%**  **FAT 53.36%**  **CARBS 43.22%**

Properties

Glycemic Index:19.59, Glycemic Load:12.34, Inflammation Score:-3, Nutrition Score:3.5191304061724%

Nutrients (% of daily need)

Calories: 259.33kcal (12.97%), Fat: 15.72g (24.19%), Saturated Fat: 9.39g (58.67%), Carbohydrates: 28.65g (9.55%), Net Carbohydrates: 27.76g (10.09%), Sugar: 26.53g (29.48%), Cholesterol: 77.08mg (25.69%), Sodium: 164.32mg (7.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.67mg (1.89%), Protein: 2.27g (4.53%), Vitamin A: 427.64IU (8.55%), Manganese: 0.14mg (7.18%), Copper: 0.14mg (6.86%), Selenium: 4.62µg (6.6%), Iron: 1.14mg (6.35%), Phosphorus: 61.18mg (6.12%), Calcium: 46.98mg (4.7%), Magnesium: 18.34mg (4.58%), Vitamin B2: 0.07mg (4.29%), Fiber: 0.9g (3.58%), Vitamin E: 0.5mg (3.36%), Zinc: 0.41mg (2.76%), Vitamin B12: 0.16µg (2.59%), Vitamin B5: 0.24mg (2.42%), Potassium: 74.58mg (2.13%), Vitamin D: 0.25µg (1.67%), Vitamin C: 1.36mg (1.65%), Folate: 6.6µg (1.65%), Vitamin K: 1.55µg (1.47%), Vitamin B6: 0.03mg (1.31%)