



Olive Oil Bundt Cake with Tangerine Glaze

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



255 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 teaspoon butter melted
- 3 large eggs
- 0.5 cup olive oil extravirgin
- 1.5 cups milk fat-free
- 2 tablespoons flour all-purpose
- 10 ounces flour all-purpose

- 2.5 cups granulated sugar
- 1 cup powdered sugar
- 1 teaspoon salt
- 0.3 cup tangerine juice fresh divided (2 tangerines)

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- spatula
- measuring cup
- kugelhopf pan

Directions

- Preheat oven to 35
- Coat a 12-cup Bundt pan with cooking spray; dust with 2 tablespoons all-purpose flour. Set aside.
- Combine granulated sugar, milk, oil, 3 tablespoons juice, and eggs in a large bowl, stirring with a whisk.
- Lightly spoon 2 1/4 cups flour into dry measuring cups; level with a knife.
- Combine flour, baking powder, salt, and baking soda; stir well with a whisk.
- Add flour mixture to oil mixture, stirring with a whisk until smooth.
- Pour batter into prepared pan.
- Bake at 350 for 55 minutes or until golden brown and cake begins to pull away from sides of pan. Cool cake completely on wire rack. Loosen edges of cake with a narrow spatula.
- Place a plate upside down on top of cake; invert onto plate.

- Combine powdered sugar, remaining 1 tablespoon juice, and butter, stirring well with a whisk.
- Drizzle glaze over cooled cake.

Nutrition Facts

PROTEIN 6.05% **FAT 9.75%** **CARBS 84.2%**

Properties

Glycemic Index:24.71, Glycemic Load:32.55, Inflammation Score:-2, Nutrition Score:4.5652173653893%

Flavonoids

Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 254.58kcal (12.73%), Fat: 2.8g (4.31%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 54.5g (18.17%), Net Carbohydrates: 53.98g (19.63%), Sugar: 40.15g (44.61%), Cholesterol: 36.24mg (12.08%), Sodium: 231.68mg (10.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Selenium: 9.9µg (14.15%), Vitamin B1: 0.17mg (11.02%), Vitamin B2: 0.17mg (10.2%), Folate: 39.21µg (9.8%), Phosphorus: 69.38mg (6.94%), Manganese: 0.13mg (6.7%), Iron: 1.09mg (6.08%), Vitamin B3: 1.14mg (5.7%), Calcium: 54.32mg (5.43%), Vitamin B12: 0.22µg (3.62%), Vitamin B5: 0.31mg (3.13%), Vitamin D: 0.44µg (2.93%), Zinc: 0.36mg (2.4%), Vitamin A: 115.05IU (2.3%), Potassium: 79.07mg (2.26%), Vitamin E: 0.32mg (2.11%), Magnesium: 8.37mg (2.09%), Fiber: 0.51g (2.05%), Vitamin B6: 0.04mg (1.95%), Copper: 0.04mg (1.89%), Vitamin C: 1.13mg (1.38%)