



Olive Oil Cake

READY IN



45 min.

SERVINGS



16

CALORIES



231 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.8 cup egg substitute
- 0.5 cup olive oil extra virgin
- 1.5 cups milk fat-free
- 2 tablespoons flour all-purpose
- 10 ounces flour all-purpose
- 2.5 cups granulated sugar
- 3 tablespoons juice of lemon fresh

- 2 tablespoons lemon rind, grated
- 0.3 cup orange marmalade
- 2 tablespoons powdered sugar
- 1 teaspoon salt

Equipment

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

Directions

- Preheat oven to 350.
- Coat a 12-cup Bundt pan with cooking spray; dust with 2 tablespoons flour.
- Combine granulated sugar, milk, egg substitute, oil, rind, and juice in a large bowl; stir with a whisk until well combined.
- 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 in pan on wire rack. Loosen edges of cake with spatula.
- Place a plate upside down on top of cake; invert onto plate.

Place the orange marmalade in a microwave-safe bowl. Microwave at HIGH 1 minute. Stir and spoon hot marmalade evenly over cake. Cool completely. Sift powdered sugar over top of the cake.

Nutrition Facts

 PROTEIN **6.57%**  FAT **6.33%**  CARBS **87.1%**

Properties

Glycemic Index:21.58, Glycemic Load:32.55, Inflammation Score:-2, Nutrition Score:4.7469564728115%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg 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: 0.01mg, 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: 230.66kcal (11.53%), Fat: 1.66g (2.55%), Saturated Fat: 0.23g (1.42%), Carbohydrates: 51.41g (17.14%), Net Carbohydrates: 50.78g (18.46%), Sugar: 36.7g (40.78%), Cholesterol: 0.69mg (0.23%), Sodium: 241.45mg (10.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.75%), Selenium: 11.66µg (16.66%), Vitamin B1: 0.17mg (11.61%), Vitamin B2: 0.17mg (10.24%), Folate: 37.51µg (9.38%), Manganese: 0.13mg (6.58%), Iron: 1.16mg (6.43%), Calcium: 59.52mg (5.95%), Phosphorus: 58.82mg (5.88%), Vitamin B3: 1.15mg (5.76%), Vitamin B5: 0.36mg (3.57%), Vitamin D: 0.43µg (2.88%), Vitamin B12: 0.17µg (2.86%), Vitamin C: 2.35mg (2.85%), Vitamin E: 0.39mg (2.62%), Potassium: 88.97mg (2.54%), Fiber: 0.63g (2.51%), Zinc: 0.35mg (2.35%), Magnesium: 9mg (2.25%), Vitamin B6: 0.04mg (2%), Copper: 0.04mg (1.89%), Vitamin A: 75.81IU (1.52%)