



## Olive Oil Cake with Blueberries and Mascarpone

 Vegetarian

READY IN



110 min.

SERVINGS



10

CALORIES



457 kcal

DESSERT

### Ingredients

- 1 pint blueberries
- 1 cinnamon sticks
- 5 large eggs separated
- 1 cup flour all-purpose
- 1 lemon zest
- 1 pint mascarpone cheese
- 0.8 cup olive oil extra-virgin for brushing

- 1 pinch salt
- 0.5 cup cooking sherry sweet (recommended: Vin Santo)
- 0.5 cup sugar
- 0.8 cups sugar
- 0.3 cup water

## Equipment

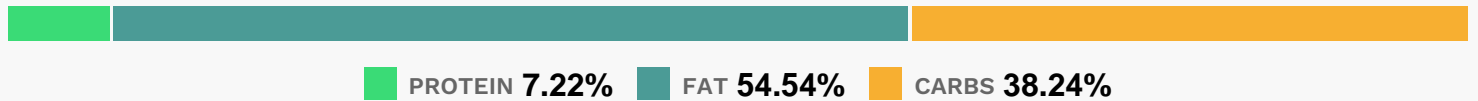
- bowl
- sauce pan
- baking paper
- oven
- whisk
- blender
- wooden spoon
- stand mixer
- springform pan

## Directions

- Special equipment: 9-inch springform pan
- Preheat oven to 350 degrees F.
- Line the bottom of a springform pan with parchment paper, and brush the sides with oil.
- In the bowl of a stand mixer or by hand, combine the egg yolks, sugar and lemon zest. Using the whisk attachment or by hand, beat the eggs and sugar until they become very pale and thick and have doubled in size. Reduce the speed of the mixer and slowly beat in the 3/4 cup of olive oil and sherry.
- Remove the bowl from the mixer and gently stir in the flour using a wooden spoon.
- Mix just until the flour is combined. Reserve.
- Beat all the egg whites with a pinch of salt until they form stiff peaks. Using 1/3 of the egg white mixture at a time, fold into the egg yolk mixture. Once all of the egg whites are combined, transfer the mixture to the prepared springform pan.

- Bake in the preheated oven for 45 minutes or until a cake tester comes out clean.
- When the cake is done, remove it from the oven and let it cool for 10 minutes.
- Remove it from the springform pan and let cool completely.
- Combine the blueberries, lemon zest, sugar, cinnamon and water in a saucepan. Bring mixture to a simmer and cook for 20 to 30 minutes or until the berries have burst and the liquid has reduced to a jam consistency.
- Remove cinnamon stick and discard. Cool completely before serving.
- Serve a slice of the cake with the blueberries and a dollop of mascarpone.
- Fantastic!!

## Nutrition Facts



## Properties

Glycemic Index:30.07, Glycemic Load:26.7, Inflammation Score:-6, Nutrition Score:7.2026087512141%

## Flavonoids

Cyanidin: 4mg, Cyanidin: 4mg, Cyanidin: 4mg, Cyanidin: 4mg Petunidin: 14.92mg, Petunidin: 14.92mg, Petunidin: 14.92mg, Petunidin: 14.92mg Delphinidin: 16.76mg, Delphinidin: 16.76mg, Delphinidin: 16.76mg, Delphinidin: 16.76mg Malvidin: 31.99mg, Malvidin: 31.99mg, Malvidin: 31.99mg, Malvidin: 31.99mg Peonidin: 9.6mg, Peonidin: 9.6mg, Peonidin: 9.6mg, Peonidin: 9.6mg Catechin: 2.6mg, Catechin: 2.6mg, Catechin: 2.6mg, Catechin: 2.6mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg 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: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg Galliccatechin: 0.06mg, Galliccatechin: 0.06mg, Galliccatechin: 0.06mg, Galliccatechin: 0.06mg

## Nutrients (% of daily need)

Calories: 456.78kcal (22.84%), Fat: 27.27g (41.96%), Saturated Fat: 14.51g (90.7%), Carbohydrates: 43.03g (14.34%), Net Carbohydrates: 41.37g (15.04%), Sugar: 29.91g (33.24%), Cholesterol: 140.32mg (46.77%), Sodium: 67.37mg (2.93%), Alcohol: 1.24g (100%), Alcohol %: 0.82% (100%), Protein: 8.13g (16.25%), Selenium: 12.13µg (17.33%), Vitamin A: 824.05IU (16.48%), Manganese: 0.33mg (16.37%), Vitamin B2: 0.2mg (11.89%), Vitamin K: 11.35µg (10.81%), Folate:

37.62µg (9.4%), Calcium: 90.03mg (9%), Vitamin B1: 0.13mg (8.42%), Phosphorus: 71.08mg (7.11%), Iron: 1.24mg (6.9%), Vitamin E: 1.01mg (6.76%), Fiber: 1.66g (6.65%), Vitamin C: 4.66mg (5.64%), Vitamin B5: 0.5mg (5.04%), Vitamin B3: 0.97mg (4.86%), Vitamin B6: 0.08mg (3.96%), Vitamin B12: 0.22µg (3.71%), Zinc: 0.51mg (3.4%), Copper: 0.07mg (3.37%), Vitamin D: 0.5µg (3.33%), Potassium: 95.01mg (2.71%), Magnesium: 10.07mg (2.52%)