



Olive-Oil Cake with Candied Orange

 Vegetarian

READY IN



300 min.

SERVINGS



12

CALORIES



153 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 3 large eggs separated
- 1 cup flour all-purpose
- 3 tablespoons cardamom pods green crushed
- 1 teaspoon ground cardamom
- 0.5 teaspoon kosher salt
- 0.5 cup olive oil plus more for brushing

- 1 small cranberry–orange relish thinly sliced
- 0.8 cup orange–flower water
- 1.5 teaspoon orange zest grated
- 0.5 cup semolina flour (pasta flour)
- 0.7 cup yogurt plain
- 0.5 cup sugar divided
- 12 servings pistachios unsalted lightly toasted chopped
- 1 teaspoon vanilla extract

Equipment

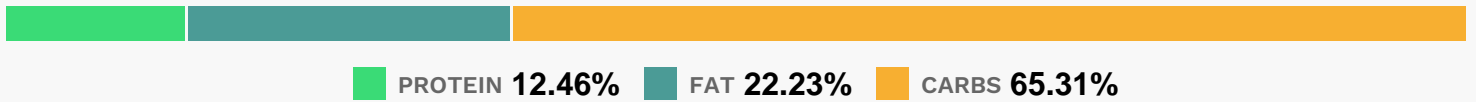
- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- knife
- whisk
- wire rack
- hand mixer
- toothpicks

Directions

- Line a bakingsheet with parchment paper. Bring sugar,honey, cardamom, and 3 cups water to aboil in a medium heavy saucepan, stirringuntil sugar dissolves.
- Add orange slices.Reduce heat to medium–low; simmer, turningorange slices occasionally, until tenderand syrup is reduced to 3 1/4 cups, about 40minutes. Arrange orange slices in a singlelayer on prepared baking sheet; removecardamom pods and seeds. Strain syrup.DO AHEAD: Can be made 1 day ahead. Coversyrup and orange slices separately; chill.Return orange slices to room temperatureand rewarm syrup slightly before using.

- Preheat oven to 350°F.
- Brush pan with oil.
- Whisk both flours and next 4 ingredients in a medium bowl. Using an electric mixer, beat 1/4 cup sugar and 1/2 cup oil in a large bowl for 1 minute. Beat in yolks, then flour mixture. Beat in yogurt, zest, and vanilla. Using clean, dry beaters, beat egg whites in another medium bowl until soft peaks form. Gradually beat in remaining 1/4 cup sugar until firm peaks form. Fold egg whites into batter just to blend in 2 additions.
- Transfer to prepared pan; smooth top.
- Bake cake until a toothpick inserted into center comes out clean, about 25 minutes. Pierce hot cake all over with a metal skewer. Slowly drizzle 3/4 cup warm syrup all over. When syrup is absorbed, slowly pour 3/4 cup more syrup over. Reserve remaining syrup for serving.
- Let cake cool in pan on a wire rack. Run a thin knife around edge of pan to release cake.
- Remove pan sides. Arrange candied orange slices over.
- Sprinkle pistachios over.
- Cut into wedges and serve drizzled with more syrup.

Nutrition Facts



Properties

Glycemic Index: 28.63, Glycemic Load: 14.65, Inflammation Score: -2, Nutrition Score: 6.8300000014512%

Flavonoids

Hesperetin: 2.18mg, Hesperetin: 2.18mg, Hesperetin: 2.18mg, Hesperetin: 2.18mg Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 152.74kcal (7.64%), Fat: 3.8g (5.84%), Saturated Fat: 0.75g (4.69%), Carbohydrates: 25.09g (8.36%), Net Carbohydrates: 23.75g (8.64%), Sugar: 10.3g (11.45%), Cholesterol: 46.77mg (15.59%), Sodium: 201.72mg (8.77%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Protein: 4.79g (9.57%), Manganese: 0.6mg (30.05%), Selenium: 14.31µg (20.44%), Vitamin B2: 0.19mg (11.24%), Vitamin B1: 0.17mg (11.17%), Folate: 42.37µg (10.59%), Phosphorus: 86.69mg (8.67%), Calcium: 77.47mg (7.75%), Iron: 1.37mg (7.63%), Vitamin C: 5.1mg (6.18%), Vitamin B3: 1.12mg

(5.59%), Fiber: 1.34g (5.37%), Zinc: 0.6mg (3.97%), Vitamin B5: 0.39mg (3.92%), Magnesium: 15.61mg (3.9%), Potassium: 120.68mg (3.45%), Vitamin B12: 0.19µg (3.24%), Copper: 0.06mg (3.17%), Vitamin B6: 0.06mg (3.03%), Vitamin E: 0.45mg (3.01%), Vitamin A: 90.09IU (1.8%), Vitamin D: 0.25µg (1.67%), Vitamin K: 1.31µg (1.25%)