



## Olive Oil Couscous Cake with Crème Fraîche and Date Syrup

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



476 kcal

DESSERT

### Ingredients

- ☐ 1 cup all purpose flour
- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon coarse kosher salt
- ☐ 0.5 cup couscous uncooked
- ☐ 0.3 cup crème fraîche chilled
- ☐ 0.5 cup date syrup
- ☐ 12 dates pitted thinly sliced (such as Deglet Noor or Medjool)

- ☐ 6 large egg yolks
- ☐ 3 large eggs
- ☐ 1 cup heavy whipping cream chilled
- ☐ 0.3 cup muscat wine sweet (such as Beaumes-de-Venise or Bonny Doon)
- ☐ 0.8 cup olive oil extra-virgin
- ☐ 1 tablespoon orange peel finely grated
- ☐ 1 cup sugar

## Equipment

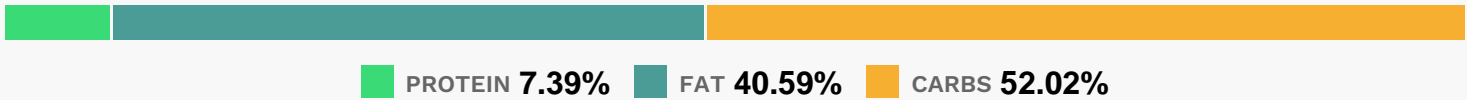
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ cake form
- ☐ aluminum foil
- ☐ stand mixer
- ☐ spatula

## Directions

- ☐ Preheat oven to 375°F.
- ☐ Brush 9-inch-diameter cake pan with 3-inch-high sides with olive oil. Line bottom of pan with parchment paper round; brush parchment with olive oil. Sift flour, baking powder, and salt into medium bowl. Stir in couscous.
- ☐ Whisk olive oil and Muscat in another medium bowl to blend.
- ☐ Using stand mixer fitted with whisk attachment, beat egg yolks, eggs, and 1 cup sugar on high speed in large bowl until thick and pale yellow, about 7 minutes.
- ☐ Transfer to large wide bowl. Stir in orange peel. Using rubber spatula, gently fold in flour mixture alternately with olive oil mixture in 4 additions each (mixture may deflate slightly).

- ☐ Transfer batter to prepared pan. Tap pan lightly on work surface to eliminate any air bubbles.
- ☐ Bake cake until dark brown and beginning to pull away from sides of pan and tester inserted into center comes out clean, about 45 minutes.
- ☐ Transfer cake to rack and cool in pan at least 30 minutes. Turn cake out onto platter (cake may fall slightly in center). Do ahead Can be made 1 day ahead. Cool. Cover with foil and store at room temperature.
- ☐ Using electric mixer, beat cream and crème fraîche in large bowl until soft peaks form.
- ☐ Cut cake into wedges.
- ☐ Place 1 cake wedge on each plate.
- ☐ Drizzle date syrup over. Spoon whipped cream alongside.
- ☐ Sprinkle dates over.

## Nutrition Facts



## Properties

Glycemic Index:50.76, Glycemic Load:38.34, Inflammation Score:-5, Nutrition Score:10.546956388847%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 475.8kcal (23.79%), Fat: 21.73g (33.43%), Saturated Fat: 9.98g (62.34%), Carbohydrates: 62.65g (20.88%), Net Carbohydrates: 60.03g (21.83%), Sugar: 38.73g (43.03%), Cholesterol: 245.31mg (81.77%), Sodium: 322.99mg (14.04%), Alcohol: 0.65g (100%), Alcohol %: 0.49% (100%), Protein: 8.9g (17.81%), Selenium: 20.1µg (28.72%), Vitamin B2: 0.33mg (19.12%), Phosphorus: 184.57mg (18.46%), Folate: 63.77µg (15.94%), Vitamin A: 772.33IU (15.45%), Calcium: 141.5mg (14.15%), Manganese: 0.26mg (12.87%), Vitamin B1: 0.19mg (12.58%), Vitamin B5: 1.09mg (10.91%), Iron: 1.93mg (10.74%), Fiber: 2.62g (10.48%), Vitamin D: 1.54µg (10.26%), Vitamin E: 1.43mg (9.54%), Vitamin B3: 1.6mg (8%), Vitamin B12: 0.48µg (7.97%), Vitamin B6: 0.14mg (7.12%), Potassium: 243.25mg (6.95%), Copper: 0.12mg (6.02%), Zinc: 0.89mg (5.94%), Magnesium: 22.86mg (5.71%), Vitamin K: 4.22µg (4.02%), Vitamin C: 1.34mg (1.63%)