



Orange and Almond Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



267 kcal

DESSERT

Ingredients

- ☐ 1 cup almond flour
- ☐ 6 tablespoons breadcrumbs dry
- ☐ 4 eggs
- ☐ 8 servings cup heavy whipping cream for serving
- ☐ 3 orange juice
- ☐ 1 tablespoon orange-flower water
- ☐ 1 orange zest grated
- ☐ 0.5 teaspoon salt

☐ 0.7 cup sugar

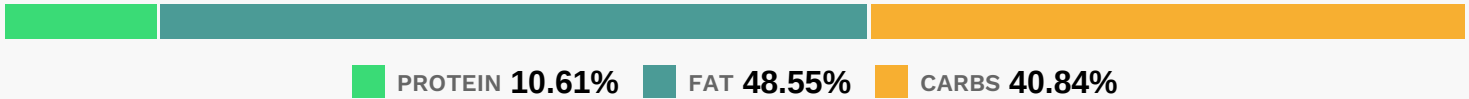
Equipment

- ☐ oven
- ☐ cake form

Directions

- ☐ Mix together the orange juice, grated orange zest, and bread crumbs, add the ground almonds and, if available, a tablespoon of orange blossom water.
- ☐ Beat the egg yolks with the sugar and salt until almost white.
- ☐ Add to the first mixture. Fold in the stiffly beaten egg whites.
- ☐ Pour into a square cake pan, buttered and sprinkled with bread crumbs, and bake in a moderate oven at 350°F for about 40 minutes.
- ☐ Cool, and when cold turn the cake out and cover the top with whipped cream (about 1/3 cup).
Very good and light.

Nutrition Facts



Properties

Glycemic Index:15.26, Glycemic Load:12.83, Inflammation Score:-3, Nutrition Score:5.5891304430754%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 266.93kcal (13.35%), Fat: 14.94g (22.98%), Saturated Fat: 4.72g (29.53%), Carbohydrates: 28.27g (9.42%), Net Carbohydrates: 26.24g (9.54%), Sugar: 20g (22.22%), Cholesterol: 98.79mg (32.93%), Sodium: 235.97mg (10.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.35g (14.69%), Vitamin C: 13.38mg (16.22%), Selenium: 9.23µg (13.19%), Vitamin B2: 0.17mg (10.01%), Fiber: 2.03g (8.1%), Vitamin A: 390.6IU (7.81%), Iron: 1.36mg (7.54%), Vitamin B1: 0.11mg (7.09%), Calcium: 70.49mg (7.05%), Phosphorus: 68.78mg (6.88%), Folate: 26.17µg

(6.54%), Vitamin B5: 0.47mg (4.67%), Vitamin D: 0.68µg (4.53%), Vitamin B12: 0.25µg (4.1%), Manganese: 0.08mg (3.97%), Vitamin B6: 0.06mg (3.17%), Vitamin B3: 0.63mg (3.14%), Potassium: 107.85mg (3.08%), Zinc: 0.45mg (2.97%), Vitamin E: 0.39mg (2.59%), Copper: 0.05mg (2.46%), Magnesium: 9.72mg (2.43%), Vitamin K: 1.06µg (1.01%)