



Orange-Buttermilk Cake with Summer Fruit

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



275 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 0.5 cup butter softened
- ☐ 1.5 cups cherries pitted halved
- ☐ 3 large eggs
- ☐ 1 cup nonfat buttermilk fat-free
- ☐ 3 cups flour all-purpose divided ()
- ☐ 1 tablespoon orange liqueur
- ☐ 1 cup nectarines sliced

- ☐ 0.3 cup orange juice fresh
- ☐ 1 cup peaches sliced
- ☐ 4 teaspoons poppy seeds
- ☐ 0.3 teaspoon salt
- ☐ 1 cup strawberries sliced
- ☐ 1.8 cups sugar
- ☐ 3 tablespoons sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare fruit, combine first 7 ingredients in a large bowl; toss gently. Cover and chill.
- ☐ To prepare cake, coat a 12-cup tube pan with cooking spray, and dust with 2 tablespoons flour.
- ☐ Lightly spoon remaining 3 cups flour into dry measuring cups; level with a knife.
- ☐ Combine flour, poppy seeds, baking soda, and salt in a medium bowl, stirring with a whisk.
- ☐ Place 1 3/4 cups sugar and butter in a large bowl; beat with a mixer at medium speed until well blended.
- ☐ Add eggs, 1 at a time, beating well after each addition.
- ☐ Combine buttermilk and 1/4 cup juice.

- ☐
- Add flour mixture to sugar mixture alternately with buttermilk mixture, beginning and ending with flour mixture. Spoon batter into prepared pan.
- ☐
- Bake at 350 for 43 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.
- ☐
- Serve with fruit mixture.

PROTEIN6.84%FAT23.84%CARBS69.32%

Properties

Glycemic Index:29.21, Glycemic Load:31.22, Inflammation Score:-4, Nutrition Score:6.2047826673674%

Flavonoids

Cyanidin: 4.43mg, Cyanidin: 4.43mg, Cyanidin: 4.43mg, Cyanidin: 4.43mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.27mg, Pelargonidin: 2.27mg, Pelargonidin: 2.27mg, Pelargonidin: 2.27mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 275.21kcal (13.76%), Fat: 7.38g (11.35%), Saturated Fat: 4.02g (25.12%), Carbohydrates: 48.26g (16.09%), Net Carbohydrates: 46.74g (17%), Sugar: 29.18g (32.42%), Cholesterol: 50.42mg (16.81%), Sodium: 214.99mg (9.35%), Alcohol: 0.24g (100%), Alcohol %: 0.25% (100%), Protein: 4.76g (9.52%), Selenium: 11.39µg (16.27%), Vitamin B1: 0.21mg (13.93%), Manganese: 0.27mg (13.45%), Folate: 53.08µg (13.27%), Vitamin C: 8.97mg (10.88%), Vitamin B2: 0.18mg (10.55%), Iron: 1.49mg (8.28%), Vitamin B3: 1.65mg (8.25%), Phosphorus: 62.14mg (6.21%), Vitamin A: 306.06IU (6.12%), Fiber: 1.52g (6.07%), Copper: 0.08mg (4.17%), Potassium: 119.57mg (3.42%), Magnesium: 13.65mg (3.41%), Vitamin B5: 0.33mg (3.32%), Vitamin E: 0.45mg (3.01%), Zinc: 0.42mg (2.79%), Calcium: 27.56mg (2.76%), Vitamin B6: 0.05mg (2.25%), Vitamin B12: 0.1µg (1.59%), Vitamin K: 1.54µg (1.46%), Vitamin D: 0.19µg (1.25%)