



Orange Cake with Fresh Berries

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



175 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup blueberries
- ☐ 1 cup cake flour sifted
- ☐ 0.3 teaspoon cream of tartar
- ☐ 6 large egg whites
- ☐ 2 large egg yolks
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup orange juice fresh

- ☐ 1 tablespoon orange rind grated
- ☐ 0.3 teaspoon orange-flower water
- ☐ 1 tablespoon powdered sugar
- ☐ 1 cup raspberries
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, sugar, baking powder, and salt in a large bowl; stir well.
- ☐ Add rind and next 5 ingredients (through egg yolks); beat at medium speed until smooth. Beat egg whites and cream of tartar until stiff peaks form. Gently stir one-fourth of egg whites into batter; fold in remaining egg whites.
- ☐ Pour mixture into a 10-inch tube pan with removable bottom.
- ☐ Bake at 350 for 25 minutes or until cake springs back when lightly touched.
- ☐ Let cool on rack 5 minutes in pan.
- ☐ Remove from pan; cool completely. Dust with powdered sugar.
- ☐ Serve with berries.

Nutrition Facts



Properties

Glycemic Index:43.39, Glycemic Load:17.71, Inflammation Score:-2, Nutrition Score:5.2082608419916%

Flavonoids

Cyanidin: 8.43mg, Cyanidin: 8.43mg, Cyanidin: 8.43mg, Cyanidin: 8.43mg Petunidin: 5.88mg, Petunidin: 5.88mg, Petunidin: 5.88mg, Petunidin: 5.88mg Delphinidin: 6.75mg, Delphinidin: 6.75mg, Delphinidin: 6.75mg, Delphinidin: 6.75mg Malvidin: 12.52mg, Malvidin: 12.52mg, Malvidin: 12.52mg, Malvidin: 12.52mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 3.77mg, Peonidin: 3.77mg, Peonidin: 3.77mg, Peonidin: 3.77mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 174.95kcal (8.75%), Fat: 3.39g (5.22%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 30.83g (10.28%), Net Carbohydrates: 28.94g (10.53%), Sugar: 16.92g (18.8%), Cholesterol: 45.9mg (15.3%), Sodium: 169.82mg (7.38%), Alcohol: 0.17g (100%), Alcohol %: 0.21% (100%), Protein: 5.63g (11.26%), Selenium: 13.68µg (19.54%), Manganese: 0.29mg (14.73%), Vitamin C: 10.62mg (12.87%), Vitamin B2: 0.16mg (9.4%), Fiber: 1.89g (7.56%), Vitamin K: 5.88µg (5.6%), Phosphorus: 54.48mg (5.45%), Folate: 19.16µg (4.79%), Calcium: 46.12mg (4.61%), Vitamin E: 0.67mg (4.43%), Potassium: 131.2mg (3.75%), Copper: 0.07mg (3.36%), Vitamin B5: 0.33mg (3.33%), Magnesium: 12.47mg (3.12%), Iron: 0.53mg (2.94%), Vitamin B1: 0.04mg (2.7%), Zinc: 0.34mg (2.26%), Vitamin B6: 0.04mg (2.22%), Vitamin B3: 0.39mg (1.95%), Vitamin A: 95.19IU (1.9%), Vitamin B12: 0.11µg (1.75%), Vitamin D: 0.23µg (1.53%)