



Orange Cardamom Cake

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



249 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 0.7 cup canola oil
- 3 large eggs
- 3 cups flour all-purpose
- 1.8 teaspoons ground cardamom
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon juice of lemon fresh
- 2 teaspoons lemon zest grated

- 0.8 cup orange juice fresh
- 4.5 teaspoons orange juice fresh
- 1 tablespoon orange zest grated
- 1 cup powdered sugar
- 0.5 teaspoon salt
- 2 cups sugar
- 1 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- blender
- cake form
- measuring cup
- kugelhopf pan

Directions

- Preheat oven to 35
- To prepare cake, coat a 10-inch tube pan or Bundt pan with cooking spray; dust with 1 tablespoon flour. Set aside.
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, sugar, baking powder, cardamom, cinnamon, and salt in a large bowl. Make a well in center of mixture.
- Add 3/4 cup orange juice, canola oil, orange rind, lemon rind, vanilla, and eggs to flour mixture; beat with a mixer at low speed until well combined, scraping sides of bowl occasionally.

- Spoon batter into prepared cake pan, spreading evenly.
- Bake at 350 for 55 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 5 minutes on a wire rack; remove from pan.
- To prepare glaze, combine 1 cup of powdered sugar, 4 1/2 teaspoons orange juice, and lemon juice in a small bowl, stirring well with a whisk.
- Drizzle glaze over warm cake; cool cake completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:21.94, Glycemic Load:31.31, Inflammation Score:-2, Nutrition Score:5.4669565428858%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 249.23kcal (12.46%), Fat: 3.11g (4.79%), Saturated Fat: 0.47g (2.95%), Carbohydrates: 52.34g (17.45%), Net Carbohydrates: 51.51g (18.73%), Sugar: 33.57g (37.3%), Cholesterol: 34.88mg (11.63%), Sodium: 166.58mg (7.24%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Protein: 3.73g (7.47%), Selenium: 11.04µg (15.77%), Vitamin B1: 0.2mg (13.41%), Folate: 51.56µg (12.89%), Manganese: 0.24mg (11.94%), Vitamin B2: 0.17mg (10.01%), Vitamin C: 7.74mg (9.38%), Iron: 1.42mg (7.89%), Vitamin B3: 1.45mg (7.27%), Phosphorus: 63.18mg (6.32%), Calcium: 57.14mg (5.71%), Fiber: 0.82g (3.29%), Vitamin E: 0.45mg (2.99%), Vitamin B5: 0.28mg (2.75%), Copper: 0.05mg (2.54%), Magnesium: 8.68mg (2.17%), Zinc: 0.31mg (2.1%), Potassium: 70.46mg (2.01%), Vitamin B6: 0.03mg (1.68%), Vitamin A: 79.71IU (1.59%), Vitamin B12: 0.08µg (1.39%), Vitamin K: 1.46µg (1.39%), Vitamin D: 0.19µg (1.25%)