



Orange Cornmeal Cake



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



262 kcal

DESSERT

Ingredients

- ☐ 0.5 cup olive oil plus more for greasing the pan
- ☐ 2 large eggs
- ☐ 1 cup sugar for the topping
- ☐ 0.5 cup orange juice dry white (or wine)
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 cup ground cornmeal yellow finely
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon salt

☐ 1 orange zest

Equipment

☐ bowl

☐ frying pan

☐ baking paper

☐ oven

☐ knife

☐ whisk

☐ baking pan

☐ toothpicks

☐ cake form

☐ wax paper

Directions

☐ Preheat oven and prepare baking pan: Preheat oven to 375°F.

☐ Brush the bottom and sides of an 8-inch round cake pan with oil (can use butter for this too); line the bottom of the pan with wax paper or parchment paper, and brush the top of the paper with oil.

☐ Make cake batter: In a large bowl, whisk together eggs, oil, 1 cup of the sugar, and orange juice until smooth.

☐ Add flour, cornmeal, salt, baking powder, and orange zest; whisk lightly to combine.

☐ Pour the batter into the prepared cake pan; sprinkle the top evenly with the remaining 1/3 cup sugar.

☐ Bake until cake begins to pull away from sides of pan and a toothpick inserted in center comes out clean, about 25–35 minutes.

☐ Cool: Cool the cake in the pan 20 minutes. Run a knife around edge of cake to separate it from the edge of the pan. Invert the cake gently onto a plate, and remove the parchment paper. Re-invert the cake onto a rack to cool completely before serving.

Nutrition Facts



Properties

Glycemic Index:40.07, Glycemic Load:32.87, Inflammation Score:-3, Nutrition Score:5.9343477746715%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 261.53kcal (13.08%), Fat: 4.75g (7.3%), Saturated Fat: 0.9g (5.61%), Carbohydrates: 48.18g (16.06%), Net Carbohydrates: 46.56g (16.93%), Sugar: 25.35g (28.16%), Cholesterol: 46.5mg (15.5%), Sodium: 416.32mg (18.1%), Alcohol: 1.54g (100%), Alcohol %: 1.98% (100%), Protein: 4.6g (9.21%), Selenium: 11.24µg (16.05%), Vitamin B1: 0.19mg (12.71%), Folate: 45.6µg (11.4%), Manganese: 0.22mg (10.99%), Vitamin B2: 0.17mg (10.07%), Phosphorus: 93.13mg (9.31%), Iron: 1.61mg (8.97%), Calcium: 73.51mg (7.35%), Vitamin B3: 1.44mg (7.19%), Fiber: 1.62g (6.49%), Vitamin B6: 0.1mg (4.93%), Magnesium: 18.54mg (4.63%), Zinc: 0.63mg (4.21%), Vitamin E: 0.57mg (3.82%), Vitamin B5: 0.35mg (3.5%), Copper: 0.07mg (3.26%), Vitamin C: 2.04mg (2.47%), Potassium: 84.76mg (2.42%), Vitamin B12: 0.11µg (1.85%), Vitamin K: 1.8µg (1.72%), Vitamin D: 0.25µg (1.67%), Vitamin A: 73.8IU (1.48%)