



## Orange, Date, and Nut Cake

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



233 kcal

DESSERT

### Ingredients

- 0.5 cup canola oil
- 0.8 cup dates whole pitted chopped
- 2 cups breadcrumbs dry
- 3 large egg whites
- 3 large eggs
- 1.5 tablespoons grand marnier
- 1 cup orange juice fresh
- 1 teaspoon orange zest grated

- 0.3 teaspoon salt
- 0.3 cup sugar
- 1.3 cups sugar divided
- 1 cup walnuts
- 0.3 cup water
- 1 cup water

## Equipment

- bowl
- sauce pan
- oven
- wire rack
- blender
- baking pan

## Directions

- To prepare glaze, combine 1/4 cup sugar and 1/4 cup water in a saucepan; bring to a boil. Cook until reduced to 1/3 cup (about 1 1/2 minutes).
- Remove from heat; stir in liqueur. Cool.
- Preheat oven to 35
- To prepare cake, combine 1 cup sugar and eggs in a large bowl; beat with a mixer at high speed until thick and pale. Beat in 1 cup water, rind, juice, and oil. Stir in breadcrumbs, walnuts, dates, and salt; let stand 3 minutes.
- Beat egg whites with a mixer at high speed until soft peaks form using clean, dry beaters. Gradually add remaining 1/4 cup sugar, 1 tablespoon at a time, beating until stiff peaks form. Stir one-fourth of egg white mixture into batter. Gently fold remaining egg white mixture into batter. Gently spoon mixture into a 13 x 9 inch baking pan coated with cooking spray.
- Bake at 350 for 45 minutes or until golden brown.
- Remove from oven. Pierce top of cake with a wooden pick.
- Brush glaze over warm cake. Cool on a wire rack 2 hours.

# Nutrition Facts

PROTEIN 8.47% FAT 29.85% CARBS 61.68%

## Properties

Glycemic Index:16.51, Glycemic Load:16.41, Inflammation Score:-2, Nutrition Score:6.1878260322239%

## Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 233.2kcal (11.66%), Fat: 7.91g (12.17%), Saturated Fat: 1.01g (6.34%), Carbohydrates: 36.77g (12.26%), Net Carbohydrates: 35.08g (12.76%), Sugar: 25.94g (28.82%), Cholesterol: 34.88mg (11.63%), Sodium: 160.41mg (6.97%), Alcohol: 0.37g (100%), Alcohol %: 0.44% (100%), Protein: 5.05g (10.1%), Manganese: 0.4mg (19.92%), Vitamin B1: 0.18mg (11.81%), Selenium: 8.22µg (11.74%), Vitamin C: 8.04mg (9.75%), Copper: 0.18mg (9.24%), Vitamin B2: 0.15mg (8.73%), Folate: 32.26µg (8.07%), Phosphorus: 74.08mg (7.41%), Fiber: 1.69g (6.77%), Iron: 1.15mg (6.37%), Magnesium: 24.09mg (6.02%), Vitamin B3: 1.14mg (5.72%), Potassium: 159mg (4.54%), Vitamin B6: 0.09mg (4.48%), Calcium: 42.93mg (4.29%), Zinc: 0.58mg (3.85%), Vitamin B5: 0.34mg (3.42%), Vitamin E: 0.42mg (2.77%), Vitamin B12: 0.14µg (2.27%), Vitamin K: 2.32µg (2.21%), Vitamin A: 84.3IU (1.69%), Vitamin D: 0.19µg (1.25%)