



## Orange Essence Cakes

READY IN



45 min.

SERVINGS



6

CALORIES



565 kcal

DESSERT

### Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 cup butter softened
- ☐ 1.3 cups cake flour sifted
- ☐ 2 large eggs
- ☐ 6 servings grand marnier syrup
- ☐ 0.3 cup honey
- ☐ 0.3 cup orange juice freshly squeezed
- ☐ 2 tablespoons orange juice
- ☐ 0.5 teaspoon orange rind grated

- ☐ 0.3 cup pecans finely chopped
- ☐ 1 cup powdered sugar sifted
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract

## Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer
- ☐ skewers

## Directions

- ☐ Beat butter in a large mixing bowl at medium speed of an electric mixer until creamy. Gradually add 1/2 cup sugar and honey, beating well.
- ☐ Add eggs, one at a time, beating until blended.
- ☐ Combine flour, baking powder, and salt; add to butter mixture alternately with orange juice, beginning and ending with flour mixture. Stir in pecans, vanilla, and orange rind. Spoon batter into 6 greased and floured Bundt-lette pans.
- ☐ Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes.
- ☐ Remove to wire racks; let cool completely.
- ☐ Return cakes to pans; poke holes in each cake, using a wooden skewer. Slowly pour Grand Marnier Syrup over cakes until all syrup is absorbed.
- ☐ Let stand 30 minutes for cakes to set. Invert cakes onto wire racks.
- ☐ Combine powdered sugar and 2 tablespoons plus 1 teaspoon Grand Marnier; stir until smooth.
- ☐ Drizzle glaze over cooled cakes.

## Nutrition Facts



Properties

Glycemic Index:65.56, Glycemic Load:32.81, Inflammation Score:-4, Nutrition Score:6.7578260328459%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg 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: 564.6kcal (28.23%), Fat: 21.86g (33.63%), Saturated Fat: 10.71g (66.92%), Carbohydrates: 80.03g (26.68%), Net Carbohydrates: 78.74g (28.63%), Sugar: 59.73g (66.37%), Cholesterol: 102.67mg (34.22%), Sodium: 232.73mg (10.12%), Alcohol: 5.43g (100%), Alcohol %: 4.35% (100%), Caffeine: 5.2mg (1.73%), Protein: 6.11g (12.22%), Manganese: 0.51mg (25.35%), Selenium: 16.32µg (23.32%), Vitamin A: 594.9IU (11.9%), Phosphorus: 91.25mg (9.12%), Vitamin C: 7.28mg (8.82%), Copper: 0.16mg (7.81%), Vitamin B2: 0.13mg (7.5%), Folate: 22.89µg (5.72%), Vitamin B1: 0.08mg (5.46%), Vitamin E: 0.81mg (5.39%), Zinc: 0.79mg (5.25%), Fiber: 1.29g (5.16%), Vitamin B5: 0.48mg (4.83%), Iron: 0.86mg (4.78%), Magnesium: 18.92mg (4.73%), Calcium: 45.19mg (4.52%), Potassium: 123.91mg (3.54%), Vitamin B6: 0.06mg (3.09%), Vitamin B12: 0.18µg (3.01%), Vitamin B3: 0.46mg (2.31%), Vitamin D: 0.33µg (2.22%), Vitamin K: 1.68µg (1.6%)