



Orange-Fig Teacake with Caramel Glaze

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



266 kcal

SIDE DISH

Ingredients

- 2 cups flour
- 1 t double-acting baking powder
- 0.3 t cardamom
- 3 eggs
- 6 figs fresh halved
- 0.5 cup cup heavy whipping cream warmed
- 2 navel oranges
- 0.3 teaspoon salt

- 0.5 cup sugar
- 0.3 cup butter unsalted melted ()
- 0.5 t vanilla extract
- 4 cups water

Equipment

- frying pan
- sauce pan
- oven
- mixing bowl
- wooden spoon
- microwave
- springform pan

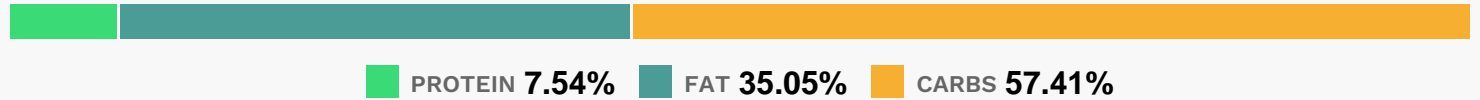
Directions

- You will need a 9" springform pan, or a cake pan with at least 2" high sides, sprayed with baking spray or buttered and sprinkled with the 2T of sugar. Preheat oven to 350 F. Zest one orange and add the zest to your mixing bowl.
- Cut the peel off both oranges, removing all pith, and slice into 1/4" rounds.
- Cut the figs in half.
- Combine the softened butter, orange zest, and sugar. Beat until fluffy.
- Add the eggs, heavy cream and vanilla extract. Beat well. Sift the remaining dry ingredients into the batter and gently incorporate.
- Layer the figs and orange slices into the pan and spoon the batter on top. Gently spread the batter evenly over the whole and tap the pan to release air bubbles and ensure that the batter gets down into all the crevices between the fruit slices on the bottom.
- Bake at 350 F for approximately forty-five minutes, or until tester comes out clean.
- Let cool slightly before inverting the cake onto a rack to cool completely. While the cake is cooling make your caramel sauce.

Combine sugar and water in saucepan over medium-high heat. When the sugar is a golden amber color turn off the heat and add the warmed heavy cream, stirring constantly with the wooden spoon. The sauce will react violently and bubble up; this is normal. Continue stirring and add the butter. Set aside to cool for a few minutes.

Brush the glaze over the cake while the caramel is still warm. You will have leftover caramel sauce. Store in an airtight container in the fridge. Warm in the microwave for 15–30 seconds before use. You can drizzle some sauce on the plate before serving a slice of cake.

Nutrition Facts



Properties

Glycemic Index:30.31, Glycemic Load:23.88, Inflammation Score:-5, Nutrition Score:8.1652173913043%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Hesperetin: 6.12mg, Hesperetin: 6.12mg, Hesperetin: 6.12mg, Hesperetin: 6.12mg Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Taste

Sweetness: 100%, Saltiness: 38.76%, Sourness: 43.52%, Bitterness: 50.29%, Savoriness: 27.81%, Fattiness: 58.17%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 266.45kcal (13.32%), Fat: 10.57g (16.26%), Saturated Fat: 6.13g (38.29%), Carbohydrates: 38.93g (12.98%), Net Carbohydrates: 36.76g (13.37%), Sugar: 17.74g (19.72%), Cholesterol: 74.75mg (24.92%), Sodium: 135.42mg (5.89%), Protein: 5.12g (10.23%), Vitamin C: 17.23mg (20.88%), Selenium: 13.06µg (18.66%), Vitamin B1: 0.24mg (16.09%), Folate: 63.92µg (15.98%), Vitamin B2: 0.24mg (14.09%), Manganese: 0.24mg (11.81%), Vitamin A: 499.79IU (10%), Iron: 1.61mg (8.97%), Fiber: 2.18g (8.7%), Vitamin B3: 1.74mg (8.68%), Phosphorus: 82.22mg (8.22%), Calcium: 73.12mg (7.31%), Vitamin B5: 0.51mg (5.12%), Potassium: 174.89mg (5%), Copper: 0.1mg (4.8%), Vitamin B6: 0.09mg (4.7%), Magnesium: 17.42mg (4.36%), Vitamin D: 0.54µg (3.6%), Vitamin E: 0.47mg (3.13%), Zinc: 0.46mg (3.07%), Vitamin B12: 0.15µg (2.44%), Vitamin K: 2.3µg (2.19%)