



Orange Olive Oil Cake

 Vegetarian

READY IN



55 min.

SERVINGS



8

CALORIES



280 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 8 servings butter for greasing the pan
- ☐ 2 eggs
- ☐ 1.3 cups flour all-purpose plus more for the pan
- ☐ 1 juice of orange
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon salt

- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla extract

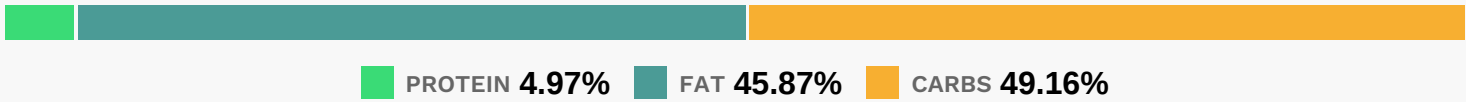
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ cake form

Directions

- ☐ Preheat the oven to 350 degrees F. Grease and flour a 9-inch round cake pan.
- ☐ Mix together the sugar and eggs in a medium bowl with a hand mixer on medium speed until blended and light.
- ☐ Drizzle in the olive oil and vanilla and mix until light and smooth.
- ☐ Add the orange juice and zest and mix well. Sift together the flour, baking powder, baking soda and salt in another medium bowl.
- ☐ Add the flour mixture half at a time to the wet ingredients and mix on low just to incorporate.
- ☐ Pour into the prepared cake pan and bake, 25 to 30 minutes.
- ☐ Let the cake cool 15 minutes, dust with confectioners' sugar and serve.

Nutrition Facts



Properties

Glycemic Index:42.39, Glycemic Load:24.4, Inflammation Score:-2, Nutrition Score:5.0552174060241%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 279.5kcal (13.98%), Fat: 14.37g (22.1%), Saturated Fat: 4.19g (26.18%), Carbohydrates: 34.64g (11.55%), Net Carbohydrates: 34.1g (12.4%), Sugar: 19.5g (21.67%), Cholesterol: 51.67mg (17.22%), Sodium: 315.39mg (13.71%), Alcohol: 0.17g (100%), Alcohol %: 0.3% (100%), Protein: 3.5g (7%), Selenium: 10.17µg (14.53%), Vitamin B1: 0.16mg (10.99%), Folate: 43.31µg (10.83%), Vitamin E: 1.54mg (10.28%), Vitamin B2: 0.15mg (9.1%), Manganese: 0.14mg (6.98%), Iron: 1.23mg (6.84%), Vitamin B3: 1.2mg (5.98%), Phosphorus: 56.33mg (5.63%), Vitamin K: 5.87µg (5.59%), Vitamin C: 3.75mg (4.55%), Calcium: 40.92mg (4.09%), Vitamin A: 199.35IU (3.99%), Vitamin B5: 0.27mg (2.74%), Fiber: 0.54g (2.17%), Copper: 0.04mg (2.06%), Zinc: 0.29mg (1.93%), Vitamin B12: 0.11µg (1.77%), Magnesium: 6.74mg (1.69%), Potassium: 53.61mg (1.53%), Vitamin B6: 0.03mg (1.53%), Vitamin D: 0.22µg (1.47%)