



# Orange Polenta Cake with Vanilla-Scented Plums and Blackberries and Buttermilk Ice Cream

 Vegetarian

READY IN



210 min.

SERVINGS



8

CALORIES



474 kcal

DESSERT

## Ingredients

- ☐ 1.3 cups all purpose flour
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 4 large eggs room temperature
- ☐ 2 teaspoons orange peel packed finely grated ()
- ☐ 0.8 cup medium-fine polenta red organic (such as Bob's Mill)
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup whole-milk yogurt plain
- ☐ 1 cup sugar
- ☐ 1 cup butter unsalted room temperature (2 sticks)
- ☐ 1 teaspoon vanilla extract

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ loaf pan
- ☐ hand mixer

## Directions

- ☐ Position rack in center of oven and preheat to 350°F. Butter 9 x 5 x 3-inch metal loaf pan. Dust pan with flour; tap out excess.
- ☐ Whisk 1 1/4 cups flour, polenta, baking powder, and salt in medium bowl. Using electric mixer, beat sugar, butter, and orange peel in large bowl until fluffy, about 2 minutes.
- ☐ Add eggs 1 at a time, beating well after each addition. Beat in vanilla.
- ☐ Add flour mixture in 3 additions alternately with yogurt in 2 additions, beating just until blended after each addition.
- ☐ Spread batter evenly in pan.
- ☐ Bake cake until golden and tester inserted into center comes out clean, 50 to 55 minutes.
- ☐ Transfer to rack; cool in pan 5 minutes. Run knife around cake edges to loosen. Invert cake onto rack, then invert again on rack (top side up). Cool completely. DO AHEAD: Can be made 1 day ahead. Wrap in plastic and store at room temperature.
- ☐ Cut cake crosswise into 1/2-inch-thick slices; serve with Vanilla-Scented Plums and Blackberries and Buttermilk Ice Cream.

## Nutrition Facts



 **PROTEIN 6.07%**  **FAT 49.6%**  **CARBS 44.33%**

## Properties

Glycemic Index:32.01, Glycemic Load:28.56, Inflammation Score:-5, Nutrition Score:7.6760869622231%

## Nutrients (% of daily need)

Calories: 473.51kcal (23.68%), Fat: 26.34g (40.53%), Saturated Fat: 15.73g (98.33%), Carbohydrates: 52.98g (17.66%), Net Carbohydrates: 52.16g (18.97%), Sugar: 25.98g (28.87%), Cholesterol: 156mg (52%), Sodium: 271.36mg (11.8%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 7.26g (14.52%), Selenium: 17.61µg (25.15%), Vitamin A: 893.25IU (17.86%), Vitamin B2: 0.25mg (14.93%), Vitamin B1: 0.19mg (12.61%), Folate: 50.31µg (12.58%), Phosphorus: 119.4mg (11.94%), Iron: 1.61mg (8.93%), Calcium: 87.84mg (8.78%), Manganese: 0.16mg (8.02%), Vitamin B3: 1.38mg (6.9%), Vitamin B5: 0.63mg (6.34%), Vitamin E: 0.94mg (6.29%), Vitamin D: 0.94µg (6.27%), Vitamin B12: 0.33µg (5.46%), Zinc: 0.64mg (4.27%), Vitamin B6: 0.08mg (3.99%), Magnesium: 14.1mg (3.53%), Copper: 0.07mg (3.3%), Fiber: 0.82g (3.28%), Potassium: 108.84mg (3.11%), Vitamin K: 2.2µg (2.09%)