



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

 Vegetarian

READY IN



210 min.

SERVINGS



8

CALORIES



473 kcal

DESSERT

## Ingredients

- 1.3 cups flour
- 1.5 teaspoons double-acting baking powder
- 4 large eggs room temperature
- 0.8 cup polenta red organic (such as Bob's Mill)
- 0.5 teaspoon salt
- 0.5 cup 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 6.08% ■ FAT 49.65% ■ CARBS 44.27%

## Properties

Glycemic Index:32.01, Glycemic Load:28.56, Inflammation Score:-5, Nutrition Score:7.6113043284934%

## Nutrients (% of daily need)

Calories: 473.02kcal (23.65%), Fat: 26.34g (40.52%), Saturated Fat: 15.73g (98.33%), Carbohydrates: 52.85g (17.62%), Net Carbohydrates: 52.08g (18.94%), Sugar: 25.98g (28.87%), Cholesterol: 156mg (52%), Sodium: 271.34mg (11.8%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 7.25g (14.5%), Selenium: 17.6µg (25.15%), Vitamin A: 891.15IU (17.82%), Vitamin B2: 0.25mg (14.9%), Vitamin B1: 0.19mg (12.57%), Folate: 50.16µg (12.54%), Phosphorus: 119.29mg (11.93%), Iron: 1.6mg (8.91%), Calcium: 87.03mg (8.7%), Manganese: 0.16mg (8.02%), Vitamin B3: 1.38mg (6.88%), Vitamin B5: 0.63mg (6.32%), Vitamin E: 0.94mg (6.28%), Vitamin D: 0.94µg (6.27%), Vitamin B12: 0.33µg (5.46%), Zinc: 0.64mg (4.26%), Vitamin B6: 0.08mg (3.94%), Magnesium: 13.99mg (3.5%), Copper: 0.07mg (3.28%), Potassium: 107.78mg (3.08%), Fiber: 0.77g (3.07%), Vitamin K: 2.2µg (2.09%)