



Orange Semolina Cake

 Vegetarian  Dairy Free

READY IN



135 min.

SERVINGS



12

CALORIES



209 kcal

DESSERT

Ingredients

- 0.5 almonds sliced
- 4 teaspoons double-acting baking powder
- 5 large eggs
- 1 tablespoon juice of lemon
- 2 navel oranges scrubbed
- 0.8 cup olive oil
- 1 teaspoon orange-flower water
- 2 cups semolina

- 0.7 cup sugar
- 0.8 cup water

Equipment

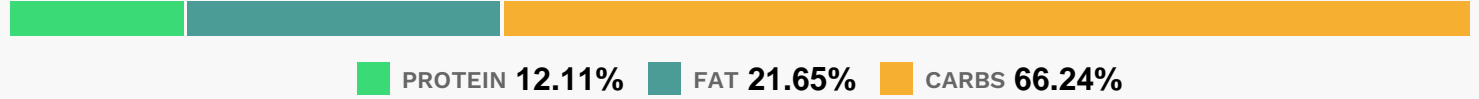
- food processor
- bowl
- frying pan
- sauce pan
- oven
- whisk
- pot
- hand mixer
- cake form

Directions

- Fill a medium pot halfway with water.
- Add oranges and boil until softened, about one hour.
- Drain and let cool.
- Preheat oven to 350 degrees. Butter and flour a 9 1/2 inch cake pan.
- Make Syrup: In a small saucepan, combine sugar, lemon juice, orange blossom water, and water. Bring heat to medium and cook, stirring constantly, until sugar dissolves.
- Let mixture come to a boil then reduce heat and simmer for 6 minutes.
- Let cool.
- Make Cake: Quarter oranges and remove the seeds but not the skin.
- Place oranges in a food processor and pulse until you have a smooth pulp.
- In a large bowl, combine orange pulp, oil, sugar, and eggs. Beat with an electric mixer until smooth.
- In a small bowl, whisk together semolina, baking powder, and almonds. Stir dry ingredients into orange mixture.

- Pour batter into pan and garnish top with slivered almonds.
- Bake until a cake tester comes out clean, about 40 minutes.
- Cool cake for ten minutes then pour syrup over the top.

Nutrition Facts



Properties

Glycemic Index:18.84, Glycemic Load:18.45, Inflammation Score:-4, Nutrition Score:9.1208696002546%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 5.28mg, Hesperetin: 5.28mg, Hesperetin: 5.28mg, Hesperetin: 5.28mg Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 209.29kcal (10.46%), Fat: 5.07g (7.8%), Saturated Fat: 1.07g (6.7%), Carbohydrates: 34.88g (11.63%), Net Carbohydrates: 33.27g (12.1%), Sugar: 13.18g (14.65%), Cholesterol: 77.5mg (25.83%), Sodium: 172.35mg (7.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.38g (12.76%), Selenium: 31.35µg (44.79%), Vitamin C: 14.27mg (17.3%), Folate: 68.93µg (17.23%), Vitamin B1: 0.25mg (16.69%), Vitamin B2: 0.27mg (15.81%), Phosphorus: 113.98mg (11.4%), Calcium: 105.55mg (10.55%), Iron: 1.78mg (9.88%), Manganese: 0.19mg (9.33%), Vitamin B3: 1.78mg (8.92%), Fiber: 1.61g (6.44%), Vitamin B5: 0.54mg (5.44%), Vitamin E: 0.73mg (4.85%), Magnesium: 18.84mg (4.71%), Vitamin B6: 0.08mg (4.16%), Copper: 0.08mg (4.03%), Zinc: 0.58mg (3.9%), Potassium: 121.36mg (3.47%), Vitamin A: 170.21IU (3.4%), Vitamin B12: 0.19µg (3.09%), Vitamin D: 0.42µg (2.78%), Vitamin K: 1.69µg (1.61%)