



Orange Tea Cake

READY IN



45 min.

SERVINGS



10

CALORIES



288 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 1 teaspoon double-acting baking powder
- ☐ 7 tablespoons butter softened
- ☐ 1.7 cups cake flour sifted
- ☐ 1 large eggs
- ☐ 2 large egg whites
- ☐ 1 cup granulated sugar
- ☐ 0.5 cup milk 2% reduced-fat
- ☐ 1 tablespoon orange juice orange-flavored (liqueur)

- ☐ 2 teaspoons orange juice
- ☐ 1 tablespoon orange rind grated
- ☐ 1 cup powdered sugar
- ☐ 0.5 teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ skewers

Directions

- ☐ Preheat oven to 350
- ☐ To prepare the cake, place the granulated sugar and butter in a large bowl, and beat with a mixer at high speed until well-blended.
- ☐ Add the egg, beating well.
- ☐ Combine cake flour, baking powder, and salt in a bowl, stirring well with a whisk.
- ☐ Add the flour mixture to the sugar mixture alternately with the milk, beginning and ending with flour mixture. Stir in rind and extract.
- ☐ Beat the egg whites with a mixer at high speed until stiff peaks form using clean, dry beaters (do not overbeat). Fold egg whites into batter; pour batter into an 8 x 4-inch loaf pan coated with cooking spray.
- ☐ Bake at 350 for 50 minutes or until a wooden pick inserted in center comes out clean. Cool in pan for 10 minutes on a wire rack, and remove from pan. Cool completely on wire rack.
- ☐ To prepare the glaze, combine the powdered sugar, liqueur, and juice in a small bowl. Poke holes in top of cake using a skewer; drizzle glaze over cake.

Nutrition Facts



PROTEIN 5.95% FAT 27.98% CARBS 66.07%

Properties

Glycemic Index:38.31, Glycemic Load:24.02, Inflammation Score:-2, Nutrition Score:3.4086956589118%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 288.4kcal (14.42%), Fat: 9.09g (13.98%), Saturated Fat: 5.39g (33.71%), Carbohydrates: 48.27g (16.09%), Net Carbohydrates: 47.7g (17.35%), Sugar: 32.71g (36.35%), Cholesterol: 40.61mg (13.54%), Sodium: 246.21mg (10.7%), Alcohol: 0.07g (100%), Alcohol %: 0.1% (100%), Protein: 4.35g (8.7%), Selenium: 11.72µg (16.74%), Manganese: 0.17mg (8.56%), Vitamin A: 293.07IU (5.86%), Vitamin B2: 0.1mg (5.72%), Phosphorus: 53.74mg (5.37%), Calcium: 48.12mg (4.81%), Vitamin C: 2.39mg (2.9%), Folate: 11.48µg (2.87%), Vitamin E: 0.37mg (2.46%), Vitamin B5: 0.24mg (2.42%), Copper: 0.05mg (2.41%), Fiber: 0.57g (2.28%), Vitamin B12: 0.13µg (2.16%), Magnesium: 8.64mg (2.16%), Zinc: 0.32mg (2.11%), Iron: 0.36mg (1.99%), Potassium: 65.88mg (1.88%), Vitamin B1: 0.03mg (1.84%), Vitamin B3: 0.25mg (1.26%), Vitamin B6: 0.02mg (1.18%)