



Orange Yogurt Bundt Cake

 Vegetarian

READY IN



150 min.

SERVINGS



16

CALORIES



368 kcal

DESSERT

Ingredients

- 6 eggs separated
- 2 cups granulated sugar
- 1 cup butter softened
- 1.5 tablespoons orange zest grated (1 medium)
- 2 tablespoons orange juice fresh
- 3 cups flour all-purpose
- 1 teaspoon baking soda
- 0.5 teaspoon salt

- 12 oz creme de cassis fat free 99% yoplait®
- 4 oz cream cheese softened
- 0.8 cup powdered sugar
- 1.5 tablespoons orange zest grated (1 medium)
- 3 tablespoons orange juice fresh

Equipment

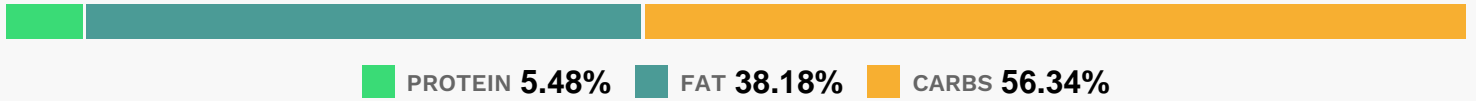
- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks
- cake form

Directions

- Heat oven to 350°F. Grease 12-cup fluted tube cake pan with shortening or cooking spray; light flour.
- In medium bowl, beat egg whites with electric mixer on high speed until stiff peaks form. Set aside.
- In large bowl, beat granulated sugar and butter with electric mixer on medium speed until combined.
- Add egg yolks, 1 1/2 tablespoons orange peel and 2 tablespoons orange juice; beat until combined.
- In small bowl, stir together flour, baking soda and salt.
- Add one-third of dry ingredients to wet ingredients; beat just until combined. Beat in 1 container yogurt.
- Add another one-third of dry ingredients; beat until combined. Beat in second container yogurt. Beat in remaining dry ingredients. Fold beaten egg whites into batter.
- Pour into pan.

- Bake about 1 hour or until toothpick inserted in center comes out clean. Cool cake in pan 15 minutes.
- Place cooling rack upside down over pan; turn rack and pan over.
- Remove pan. Cool completely, about 45 minutes.
- To make icing, in medium bowl, beat cream cheese and powdered sugar until well combined. Beat in 1 1/2 tablespoons orange peel. Beat in 3 to 4 tablespoons orange juice, 1 tablespoon at a time, until desired pouring consistency.
- Pour glaze over cooled cake. Store cake in refrigerator.

Nutrition Facts



Properties

Glycemic Index:20.38, Glycemic Load:30.78, Inflammation Score:-4, Nutrition Score:6.0560870066933%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 367.89kcal (18.39%), Fat: 15.84g (24.36%), Saturated Fat: 9.28g (57.99%), Carbohydrates: 52.58g (17.53%), Net Carbohydrates: 51.82g (18.84%), Sugar: 34.12g (37.92%), Cholesterol: 99.04mg (33.01%), Sodium: 281.45mg (12.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.11g (10.22%), Selenium: 13.96µg (19.95%), Folate: 53.64µg (13.41%), Vitamin B1: 0.2mg (13.27%), Vitamin B2: 0.22mg (12.98%), Vitamin A: 554.18IU (11.08%), Manganese: 0.17mg (8.51%), Iron: 1.43mg (7.96%), Vitamin B3: 1.44mg (7.2%), Phosphorus: 70.11mg (7.01%), Vitamin C: 4.19mg (5.07%), Vitamin B5: 0.43mg (4.27%), Vitamin E: 0.58mg (3.88%), Vitamin B12: 0.19µg (3.11%), Fiber: 0.76g (3.05%), Zinc: 0.45mg (2.99%), Copper: 0.05mg (2.71%), Calcium: 26.85mg (2.68%), Vitamin B6: 0.05mg (2.34%), Magnesium: 9.1mg (2.28%), Vitamin D: 0.33µg (2.2%), Potassium: 74.46mg (2.13%), Vitamin K: 1.27µg (1.21%)