



Orange Yogurt Cake (Bizcocho de Naranja)

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



238 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon grand marnier orange-flavored
- ☐ 0.3 cup yogurt plain low-fat
- ☐ 6 tablespoons olive oil
- ☐ 1 cup orange juice fresh

- ☐ 3 tablespoons orange marmalade sweet
- ☐ 0.1 teaspoon saffron threads crushed
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar

Equipment

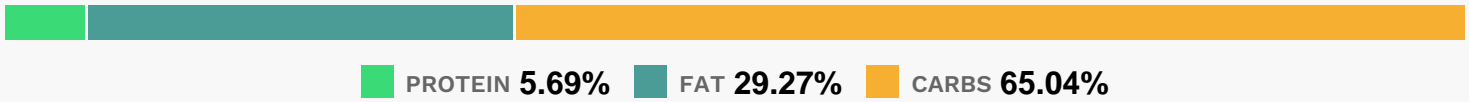
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ blender
- ☐ cake form
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Place the juice in a small saucepan; bring to a simmer over medium-high heat.
- ☐ Remove from heat; stir in saffron.
- ☐ Let stand 10 minutes.
- ☐ Lightly spoon 2 cups flour into dry measuring cups, and level with a knife.
- ☐ Combine flour, baking powder, and salt, stirring well with a whisk. Set aside.
- ☐ Place sugar, egg, and egg white in a large bowl, and beat with a mixer at medium speed for 5 minutes or until thickened.
- ☐ Add yogurt, beating well. Gradually add oil and juice mixture, beating until well blended.

- ☐ Add half of flour mixture to sugar mixture; beat just until blended. Repeat procedure with the remaining flour mixture.
- ☐ Spoon batter into a 9-inch round cake pan coated with cooking spray.
- ☐ Bake at 350 for 40 minutes or until a wooden pick inserted in center comes out clean. Cool for 5 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.
- ☐ Place cake on a serving platter.
- ☐ Combine marmalade and liqueur in a small saucepan; bring to a simmer over medium heat, stirring constantly.
- ☐ Remove from heat; strain through a fine sieve directly onto surface of cake. Discard solids.
- ☐ Spread marmalade mixture evenly over top of cake, allowing excess to drizzle down sides of cake.

Nutrition Facts



Properties

Glycemic Index:29.92, Glycemic Load:24.36, Inflammation Score:-2, Nutrition Score:5.2195652127266%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 238.2kcal (11.91%), Fat: 7.78g (11.97%), Saturated Fat: 1.19g (7.41%), Carbohydrates: 38.91g (12.97%), Net Carbohydrates: 38.27g (13.92%), Sugar: 22.22g (24.69%), Cholesterol: 15.81mg (5.27%), Sodium: 119.33mg (5.19%), Alcohol: 0.32g (100%), Alcohol %: 0.49% (100%), Protein: 3.41g (6.81%), Selenium: 9.22µg (13.17%), Vitamin C: 10.61mg (12.87%), Vitamin B1: 0.19mg (12.43%), Folate: 47.41µg (11.85%), Vitamin B2: 0.16mg (9.16%), Manganese: 0.15mg (7.45%), Vitamin E: 1.08mg (7.18%), Iron: 1.2mg (6.66%), Vitamin B3: 1.33mg (6.64%), Phosphorus: 53.26mg (5.33%), Calcium: 48.83mg (4.88%), Vitamin K: 4.32µg (4.11%), Fiber: 0.64g (2.56%), Potassium: 88.56mg (2.53%), Copper: 0.05mg (2.48%), Vitamin B5: 0.23mg (2.31%), Magnesium: 8.8mg (2.2%), Zinc: 0.26mg (1.74%), Vitamin B6: 0.03mg (1.41%), Vitamin A: 69.54IU (1.39%), Vitamin B12: 0.07µg (1.14%)