



Orange Yogurt Cake with Golden Raisins and Pistachios

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



192 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 2 tablespoons brown sugar
- ☐ 0.3 cup butter softened
- ☐ 1 tablespoon butter softened cut into small pieces and
- ☐ 1 large eggs
- ☐ 0.8 cup yogurt plain fat-free

- ☐ 1.3 cups flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 tablespoons golden raisins
- ☐ 0.8 cup granulated sugar
- ☐ 2 tablespoons orange marmalade
- ☐ 2 teaspoons orange rind grated
- ☐ 2 tablespoons pistachios chopped
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon vanilla extract

Equipment

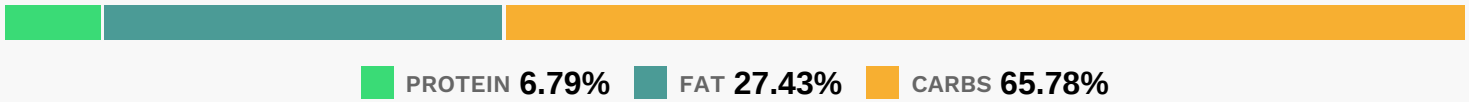
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ cake form
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare crumbs, combine 2 tablespoons flour and brown sugar in a medium bowl; cut in 1 tablespoon butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in pistachios.
- ☐ To prepare cake, combine the cream cheese and orange marmalade in a small bowl; set aside. Lightly spoon 1 1/4 cups flour into dry measuring cups, and level with a knife.
- ☐ Combine 1 1/4 cups flour, baking powder, baking soda, and salt in a bowl, stirring with a whisk.

- ☐ Combine granulated sugar and next 4 ingredients (granulated sugar through egg) in a large bowl; beat with a mixer at medium speed until well blended.
- ☐ Add flour mixture and yogurt alternately to egg mixture, beginning and ending with flour mixture. Stir in raisins.
- ☐ Pour batter into a 9-inch round cake pan coated with cooking spray; spread evenly.
- ☐ Spread cream cheese mixture over batter.
- ☐ Sprinkle crumbs over cream cheese mixture.
- ☐ Bake at 350 for 50 minutes or until cake is golden brown and starts to pull away from sides of pan. Cool in pan 10 minutes on a wire rack; remove from pan.
- ☐ Serve cake warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:40.56, Glycemic Load:18.29, Inflammation Score:-2, Nutrition Score:3.9852173768956%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 192.4kcal (9.62%), Fat: 5.97g (9.19%), Saturated Fat: 3.28g (20.47%), Carbohydrates: 32.22g (10.74%), Net Carbohydrates: 31.5g (11.45%), Sugar: 20.01g (22.23%), Cholesterol: 28.48mg (9.49%), Sodium: 123.65mg (5.38%), Alcohol: 0.11g (100%), Alcohol %: 0.23% (100%), Protein: 3.32g (6.65%), Selenium: 6.96µg (9.95%), Vitamin B1: 0.13mg (8.87%), Vitamin B2: 0.14mg (8.26%), Folate: 31.26µg (7.81%), Manganese: 0.13mg (6.46%), Phosphorus: 63.51mg (6.35%), Calcium: 53.09mg (5.31%), Iron: 0.91mg (5.07%), Vitamin B3: 0.93mg (4.67%), Vitamin A: 179.56IU (3.59%), Potassium: 107.65mg (3.08%), Copper: 0.06mg (3.06%), Fiber: 0.72g (2.89%), Vitamin B6: 0.06mg (2.86%), Vitamin B5: 0.25mg (2.48%), Magnesium: 9.9mg (2.47%), Zinc: 0.35mg (2.34%), Vitamin B12: 0.14µg (2.34%), Vitamin E: 0.23mg (1.5%), Vitamin C: 0.94mg (1.14%)