



Ouzo-Scented Almond, Yogurt, and Olive Oil Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



470 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 4 large eggs separated
- ☐ 1 cup extra-light olive oil or mixed with 1/2 cup sunflower oil
- ☐ 0.8 cup ouzo unsweetened (anise liqueur)
- ☐ 0.5 teaspoon sea salt fine
- ☐ 1 cup whole-milk yogurt plain
- ☐ 1.5 cups sugar

- ☐ 3.5 cups unbleached all purpose flour
- ☐ 2 cups almonds whole divided
- ☐ 3 in mortar whole with pestle (1 3/4 teaspoons ground) finely

Equipment

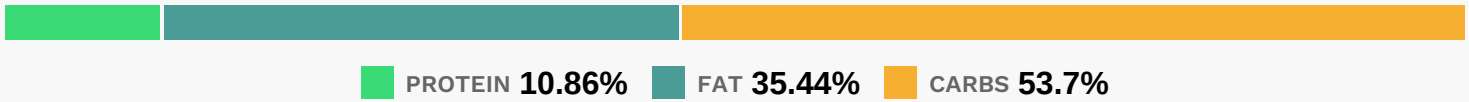
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Position rack in center of oven and preheat to 375°F.
- ☐ Brush two 8 1/2 x 4 1/2 x 2 1/2-inch metal loaf pans with olive oil. Line pan bottoms with parchment paper; brush parchment with olive oil.
- ☐ Spread 1 1/2 cups almonds on rimmed baking sheet; toast in oven 10 minutes. Cool.
- ☐ Transfer to processor and coarsely grind (some small almond pieces should remain); set aside. Finely chop 1/2 cup untoasted almonds in processor. Boil ouzo in small saucepan until reduced to 1/2 cup, about 2 minutes. Cool.
- ☐ Sprinkle 1 1/2 tablespoons finely chopped untoasted almonds over bottom of each pan.
- ☐ Whisk flour, ground star anise, baking powder, sea salt, and ground toasted almonds in large bowl.
- ☐ Using electric mixer, beat egg yolks and 1 1/2 cups sugar in medium bowl until well blended (mixture will look grainy at first).
- ☐ Add 1 cup light olive oil; beat 1 minute.

- ☐ Add ouzo and yogurt and beat until well blended, about 30 seconds. Gradually add flour mixture to yolk mixture, beating just until incorporated (batter will be thick).
- ☐ Using dry clean beaters, beat egg whites in large bowl until stiff but not dry. Fold 1/3 of whites into batter to lighten. Fold in remaining whites in 2 additions. Divide batter between prepared pans (about 3 1/2 cups for each).
- ☐ Sprinkle each with remaining finely chopped untoasted almonds, dividing equally.
- ☐ Sprinkle each with 1 tablespoon sugar.
- ☐ Bake cakes until golden brown and tester inserted into centers comes out clean, about 1 hour 5 minutes. Cool cakes in pans on rack 15 minutes. Turn cakes out onto rack and cool completely. DO AHEAD Can be made 1 day ahead. Wrap in foil and store at room temperature.

Nutrition Facts



Properties

Glycemic Index:16.01, Glycemic Load:17.93, Inflammation Score:-6, Nutrition Score:15.676086971293%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 470.07kcal (23.5%), Fat: 17.59g (27.06%), Saturated Fat: 2.01g (12.54%), Carbohydrates: 59.96g (19.99%), Net Carbohydrates: 55.96g (20.35%), Sugar: 27.71g (30.79%), Cholesterol: 62.41mg (20.8%), Sodium: 243.76mg (10.6%), Alcohol: 5.01g (100%), Alcohol %: 4.05% (100%), Protein: 12.13g (24.27%), Vitamin E: 6.88mg (45.86%), Manganese: 0.81mg (40.44%), Vitamin B2: 0.58mg (34.22%), Selenium: 19.35µg (27.65%), Phosphorus: 242.68mg (24.27%), Vitamin B1: 0.35mg (23.55%), Folate: 87.51µg (21.88%), Magnesium: 78.95mg (19.74%), Calcium: 180.26mg (18.03%), Iron: 3.13mg (17.38%), Copper: 0.32mg (16.02%), Fiber: 4g (16.01%), Vitamin B3: 3.06mg (15.31%), Zinc: 1.43mg (9.56%), Potassium: 293.43mg (8.38%), Vitamin B5: 0.66mg (6.6%), Vitamin B12: 0.27µg (4.55%), Vitamin B6: 0.09mg (4.48%), Vitamin K: 2.37µg (2.25%), Vitamin D: 0.33µg (2.22%), Vitamin A: 93.17IU (1.86%)