



Ouzo-Scented Almond, Yogurt, and Olive Oil Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



469 kcal

DESSERT

Ingredients

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

- 3.5 cups unbleached all purpose flour
- 2 cups almonds whole divided

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

■ PROTEIN **10.85%** ■ FAT **35.45%** ■ CARBS **53.7%**

Properties

Glycemic Index:15.59, Glycemic Load:17.92, Inflammation Score:-6, Nutrition Score:15.589565301719%

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: 469.22kcal (23.46%), Fat: 17.55g (27%), Saturated Fat: 2g (12.53%), Carbohydrates: 59.83g (19.94%), Net Carbohydrates: 55.87g (20.32%), Sugar: 27.71g (30.79%), Cholesterol: 62.41mg (20.8%), Sodium: 243.72mg (10.6%), Alcohol: 5.01g (100%), Alcohol %: 4.05% (100%), Protein: 12.09g (24.18%), Vitamin E: 6.88mg (45.86%), Manganese: 0.8mg (40.15%), Vitamin B2: 0.58mg (34.18%), Selenium: 19.34µg (27.63%), Phosphorus: 241.58mg (24.16%), Vitamin B1: 0.35mg (23.49%), Folate: 87.49µg (21.87%), Magnesium: 78.52mg (19.63%), Calcium: 178.65mg (17.86%), Iron: 3.04mg (16.86%), Copper: 0.32mg (15.91%), Fiber: 3.97g (15.86%), Vitamin B3: 3.06mg (15.28%), Zinc: 1.42mg (9.47%), Potassium: 289.83mg (8.28%), Vitamin B5: 0.66mg (6.58%), Vitamin B12: 0.27µg (4.55%), Vitamin B6: 0.09mg (4.4%), Vitamin K: 2.37µg (2.25%), Vitamin D: 0.33µg (2.22%), Vitamin A: 92.4IU (1.85%)