



## Passover Baklava Cake

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



242 kcal

DESSERT

### Ingredients

- 0.3 cup brown sugar packed
- 3 large egg whites
- 2 large eggs
- 0.7 cup granulated sugar
- 0.8 cup granulated sugar
- 0.3 teaspoon ground cinnamon
- 0.3 cup hazelnuts finely chopped
- 0.3 cup honey

- 1 tablespoon juice of lemon fresh
- 0.5 cup matzo cake meal
- 0.3 cup orange juice fresh
- 3 tablespoons orange juice fresh
- 0.3 teaspoon salt
- 2 tablespoons vegetable oil
- 0.5 cup walnuts finely chopped
- 3 tablespoons water

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- cake form

## Directions

- Preheat oven to 35
- To prepare cake, coat a 9-inch round cake pan with cooking spray.
- Place 3/4 cup granulated sugar and next 4 ingredients (3/4 cup granulated sugar through eggs) in a large bowl; beat at medium speed 2 minutes. Stir in matzo cake meal and next 5 ingredients (matzo cake meal through 1/4 teaspoon cinnamon), beating until well blended.
- Pour into prepared pan; bake at 350 for 35 minutes or until cake springs back when lightly touched. Cool completely.
- To prepare syrup, combine 2/3 cup granulated sugar and remaining ingredients in a heavy saucepan; bring to a boil. Reduce heat, and simmer 25 minutes or until slightly thick, stirring occasionally. Cool completely. Pierce top of cake several times with a fork; pour syrup over cake. Cover and chill.

## Nutrition Facts



■ PROTEIN **5.98%** ■ FAT **28.47%** ■ CARBS **65.55%**

## Properties

Glycemic Index:28.04, Glycemic Load:20.2, Inflammation Score:-1, Nutrition Score:4.5256521649983%

## Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 1.51mg, Hesperetin: 1.51mg, Hesperetin: 1.51mg, Hesperetin: 1.51mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 242.05kcal (12.1%), Fat: 7.95g (12.24%), Saturated Fat: 1.03g (6.46%), Carbohydrates: 41.2g (13.73%), Net Carbohydrates: 40.39g (14.69%), Sugar: 35.12g (39.02%), Cholesterol: 31mg (10.33%), Sodium: 76.19mg (3.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.52%), Manganese: 0.38mg (19.03%), Selenium: 6.93µg (9.9%), Vitamin C: 6.31mg (7.65%), Copper: 0.14mg (7.21%), Vitamin B2: 0.11mg (6.6%), Phosphorus: 49.53mg (4.95%), Vitamin B1: 0.07mg (4.62%), Vitamin E: 0.69mg (4.62%), Vitamin K: 4.72µg (4.5%), Magnesium: 17.06mg (4.27%), Folate: 16.62µg (4.16%), Iron: 0.7mg (3.88%), Vitamin B6: 0.07mg (3.51%), Fiber: 0.81g (3.23%), Potassium: 103.97mg (2.97%), Zinc: 0.39mg (2.59%), Vitamin B5: 0.25mg (2.54%), Vitamin B3: 0.4mg (2.01%), Calcium: 19.95mg (2%), Vitamin A: 68.95IU (1.38%), Vitamin B12: 0.08µg (1.36%), Vitamin D: 0.17µg (1.11%)