

## Persian Love Cake

👤 Popular

READY IN



45 min.

SERVINGS



8

CALORIES



592 kcal

DESSERT

### Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 cup cake flour
- ☐ 0.3 cup canola oil
- ☐ 0.3 teaspoon coarse kosher salt
- ☐ 2 large egg whites
- ☐ 3 large eggs separated
- ☐ 2.5 cups heavy whipping cream chilled divided
- ☐ 1 teaspoon lemon zest grated

- ☐ 2 tablespoons natural pistachios unsalted
- ☐ 0.7 cup powdered sugar
- ☐ 1 teaspoon rosewater
- ☐ 1 pinch saffron threads
- ☐ 0.3 teaspoon cardamom seeds whole green (removed from 5 cardamom pods)
- ☐ 0.5 cup sugar
- ☐ 14 tablespoons caster sugar divided
- ☐ 6 tablespoons water
- ☐ 2 petals from roses organic
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## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ pastry brush

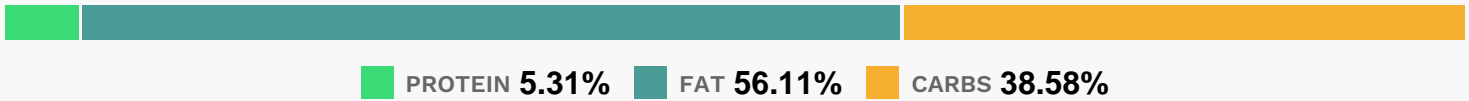
## Directions

- ☐ Whisk egg whites in small bowl until foamy. Using pastry brush, brush rose petals on both sides with egg whites; sprinkle on both sides with sugar. Dry on nonstick rack at least 6 hours or overnight.
- ☐ Preheat oven to 325°F. Butter two 8-inch-diameter cake pans with 1 1/2-inch-high sides. Line pan bottoms with parchment paper; butter parchment. Sift flour, 7 tablespoons baker's sugar, baking powder, and salt into large bowl.
- ☐ Whisk yolks and next 4 ingredients in small bowl until smooth.
- ☐ Add yolk mixture to dry ingredients; whisk until smooth. Beat egg whites in medium bowl until soft peaks form. Gradually add 7 tablespoons baker's sugar; beat until whites resemble thick

marshmallow fluff. Fold whites into batter in 3 additions. Divide batter between prepared pans.

- ☐ Bake until cakes are golden and tester inserted into center comes out clean, about 25 minutes. Cool in pans on racks 15 minutes. Turn out onto racks, peel off parchment, and cool completely. (Can be prepared 1 day ahead. Wrap and store at room temperature.)
- ☐ Combine 1/2 cup cream and saffron in small saucepan. Bring to simmer.
- ☐ Remove from heat; let steep 20 minutes. Chill until cold.
- ☐ Beat remaining 2 cups cream, powdered sugar, and rose water in large bowl until soft peaks form; strain in saffron cream. Beat until peaks form.
- ☐ Place 1 cake layer, flat side up, on platter.
- ☐ Spread 1 cup frosting over. Top with second cake layer, flat side down.
- ☐ Spread remaining frosting over top and sides of cake. Chill at least 1 hour and up to 6 hours.
- ☐ Garnish cake with rose petals and pistachios.

## Nutrition Facts



## Properties

Glycemic Index:46.77, Glycemic Load:30.92, Inflammation Score:-6, Nutrition Score:8.0604348182678%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

## Nutrients (% of daily need)

Calories: 592.01kcal (29.6%), Fat: 37.71g (58.02%), Saturated Fat: 18.46g (115.35%), Carbohydrates: 58.33g (19.44%), Net Carbohydrates: 57.53g (20.92%), Sugar: 45.86g (50.95%), Cholesterol: 153.79mg (51.26%), Sodium: 214.24mg (9.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.03g (16.07%), Vitamin A: 1204.61IU (24.09%), Selenium: 16.48µg (23.54%), Vitamin B2: 0.29mg (16.96%), Vitamin E: 2.25mg (15%), Phosphorus: 130.58mg (13.06%), Calcium: 111.93mg (11.19%), Vitamin D: 1.57µg (10.43%), Manganese: 0.2mg (9.89%), Vitamin K: 7.96µg (7.58%), Vitamin B5: 0.58mg (5.81%), Vitamin B6: 0.11mg (5.31%), Copper: 0.11mg (5.26%), Vitamin B12: 0.29µg (4.89%), Folate: 19.2µg (4.8%), Potassium: 165.18mg (4.72%), Iron: 0.82mg (4.53%), Zinc: 0.65mg (4.36%), Magnesium: 16.81mg (4.2%), Vitamin B1: 0.06mg (4.08%), Fiber: 0.8g (3.21%), Vitamin B3: 0.28mg (1.39%), Vitamin C: 0.9mg (1.09%)