

Pistachio Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



423 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 3 large eggs
- 1 cup flour all-purpose
- 1 teaspoon ground cardamom
- 4 ounces pistachios shelled
- 0.3 teaspoon salt
- 1 cup sugar
- 0.8 cup butter unsalted softened

- 0.3 teaspoon vanilla
- 0.5 cup milk whole

Equipment

- food processor
- bowl
- oven
- knife
- hand mixer
- cake form
- wax paper
- measuring cup

Directions

- Preheat oven to 350°F. Butter a 13- by 9-inch metal cake pan, then line bottom with wax paper. Butter paper and dust pan with some flour, knocking out excess.
- Pulse pistachios in a food processor until finely ground (be careful not to overprocess into a paste).
- Add 1 cup flour, baking powder, cardamom, and salt and pulse once or twice to mix.
- Combine milk and vanilla in a measuring cup.
- Beat together butter and sugar in a large bowl with an electric mixer until pale and fluffy.
- Add eggs 1 at a time, beating well after each addition. Alternately add pistachio flour and milk in batches, beginning and ending with flour, and mix at low speed until just combined.
- Spread batter evenly in cake pan and bake in middle of oven until a tester comes out clean, about 20 minutes. Cool in pan on a rack 10 minutes, then run a thin knife around sides of cake and invert onto rack.
- Remove paper and reinvert cake onto a platter.
- Cut into squares and serve warm or at room temperature.
- Cake can be made 1 day ahead. Cool completely and keep, covered, at room temperature.

Nutrition Facts

PROTEIN 6.96% FAT 54.32% CARBS 38.72%

Properties

Glycemic Index:37.26, Glycemic Load:27.05, Inflammation Score:-5, Nutrition Score:9.2178260243457%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 423kcal (21.15%), Fat: 26.22g (40.33%), Saturated Fat: 12.62g (78.85%), Carbohydrates: 42.05g (14.02%), Net Carbohydrates: 40.09g (14.58%), Sugar: 26.91g (29.9%), Cholesterol: 117.33mg (39.11%), Sodium: 214.19mg (9.31%), Alcohol: 0.04g (100%), Alcohol %: 0.05% (100%), Protein: 7.56g (15.12%), Selenium: 12.7µg (18.14%), Manganese: 0.35mg (17.75%), Vitamin B1: 0.26mg (17.57%), Phosphorus: 166.33mg (16.63%), Vitamin B6: 0.29mg (14.51%), Vitamin A: 716.6IU (14.33%), Vitamin B2: 0.22mg (12.89%), Copper: 0.23mg (11.34%), Folate: 45.27µg (11.32%), Calcium: 111.62mg (11.16%), Iron: 1.77mg (9.84%), Fiber: 1.95g (7.82%), Vitamin E: 1.03mg (6.89%), Magnesium: 25.95mg (6.49%), Potassium: 219.57mg (6.27%), Vitamin D: 0.86µg (5.75%), Vitamin B3: 1.15mg (5.75%), Zinc: 0.77mg (5.11%), Vitamin B5: 0.51mg (5.1%), Vitamin B12: 0.29µg (4.76%), Vitamin K: 1.64µg (1.56%), Vitamin C: 0.85mg (1.03%)