



Plum and Polenta Cake

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



539 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 13 tablespoons butter softened
- 4 large egg yolk
- 2 large eggs
- 1 cup flour all-purpose
- 0.8 cup granulated sugar
- 1 pinch kosher salt
- 1 teaspoon lemon zest grated

- 2 tablespoons brown sugar light packed
- 4 plums pitted cut in half and
- 0.5 cup cornmeal finely
- 1 teaspoon vanilla extract pure

Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks
- spatula
- springform pan

Directions

- Preheat the oven to 350 °F. Grease and lightly flour an 8 x 2-inch round cake pan or an 8-inch springform pan, tapping out any excess flour. Set aside.
- In a small bowl, toss the cornmeal, all-purpose flour, baking powder, and salt. Set aside.
- In a large bowl, beat the butter and granulated sugar together with an electric mixer, until pale yellow and creamy, about 5 minutes. Scrape down the sides of the bowl with a rubber spatula and add the egg yolks, one at a time, beating after each addition. Scrape down the sides of the bowl and add the whole eggs, one at a time, beating after each addition.
- Mix in the lemon zest and vanilla.
- Add the dry ingredients and blend until just combined.
- Spread the batter in the prepared pan.
- Place the plum halves, skin side down, at even intervals on top of the batter.
- Sprinkle the brown sugar on top of the fruit and batter.
- Bake until the cake is golden brown on top and a toothpick inserted in the center comes out clean, about 45 minutes.

Nutrition Facts

  
 **PROTEIN 5.81%**  **FAT 50.02%**  **CARBS 44.17%**

Properties

Glycemic Index:65.71, Glycemic Load:36.68, Inflammation Score:-6, Nutrition Score:10.758260934249%

Flavonoids

Cyanidin: 2.48mg, Cyanidin: 2.48mg, Cyanidin: 2.48mg, Cyanidin: 2.48mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Epicatechin 3-gallate: 0.33mg, Epicatechin 3-gallate: 0.33mg, Epicatechin 3-gallate: 0.33mg, Epicatechin 3-gallate: 0.33mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 538.83kcal (26.94%), Fat: 30.38g (46.73%), Saturated Fat: 17.37g (108.58%), Carbohydrates: 60.36g (20.12%), Net Carbohydrates: 57.9g (21.05%), Sugar: 33.7g (37.44%), Cholesterol: 249.62mg (83.21%), Sodium: 339.01mg (14.74%), Alcohol: 0.23g (100%), Alcohol %: 0.17% (100%), Protein: 7.94g (15.87%), Selenium: 19.83µg (28.32%), Vitamin A: 1163.42IU (23.27%), Folate: 70.2µg (17.55%), Phosphorus: 165.98mg (16.6%), Vitamin B2: 0.28mg (16.39%), Vitamin B1: 0.24mg (16.27%), Manganese: 0.27mg (13.3%), Iron: 2.2mg (12.22%), Calcium: 100.65mg (10.06%), Fiber: 2.46g (9.85%), Vitamin E: 1.35mg (8.99%), Vitamin B3: 1.78mg (8.89%), Vitamin B5: 0.86mg (8.64%), Vitamin B6: 0.17mg (8.57%), Zinc: 1.11mg (7.39%), Vitamin B12: 0.42µg (7.01%), Magnesium: 25.77mg (6.44%), Vitamin D: 0.95µg (6.3%), Copper: 0.11mg (5.62%), Vitamin C: 4.61mg (5.59%), Potassium: 184.21mg (5.26%), Vitamin K: 5.16µg (4.91%)