



Plum-Cornmeal Cake with Plum Sorbet

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



464 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 cup cornmeal
- 3 large eggs
- 1.5 cups flour all-purpose
- 0.5 cup granulated sugar plus more if needed
- 0.1 teaspoon ground cinnamon
- 1 pinch kosher salt
- 0.5 teaspoon juice of lemon freshly squeezed

- 0.3 cup milk
- 3 plums such as santa rosa ripe
- 1 cup sugar
- 12 tablespoons butter unsalted softened
- 0.5 teaspoon vanilla extract
- 0.3 cup water

Equipment

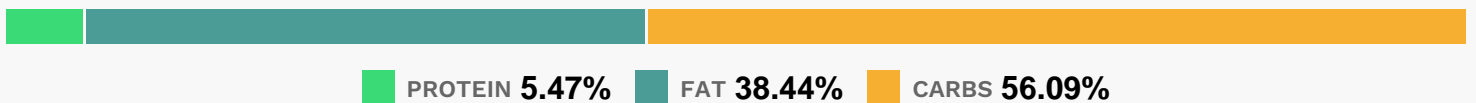
- food processor
- bowl
- frying pan
- oven
- sieve
- plastic wrap
- springform pan
- skewers
- ice cream machine

Directions

- To make the sorbet: Quarter the plums, discard the pits, and cut into 1/2-inch pieces. Purée the plums in a food processor until smooth. Strain the purée through a medium-mesh sieve into a medium bowl, discarding the skins. There should be about 2 3/4 cups purée. Stir in the 1/2 cup sugar, the water, salt, and lemon juice. Taste for sweetness and add a little more sugar if necessary. Refrigerate for at least 2 hours or up to overnight. Churn in an ice cream machine according to the manufacturer's instructions. Freeze until scoopable, about 4 hours, depending on your freezer.
- To make the cake: Preheat the oven to 350°F. Grease and flour a 9 1/2-inch springform pan. Tap out the excess flour.
- Sift the flour, baking powder, and cinnamon together in a bowl. Stir in the salt and the 1/2 cup cornmeal.
- In a bowl, cream the butter and sugar until light and fluffy.

- Add the eggs one at a time, beating well after each addition. In a small bowl, stir together the milk, lemon juice, and vanilla extract. In 3 additions, alternately stir in the dry ingredients and the milk into the butter mixture just until combined.
- Spread half of the batter in the prepared pan.
- Place half of the plums over the cake batter. Repeat with the remaining cake batter and remaining plums.
- Sprinkle the 1 tablespoon cornmeal over the top of the cake.
- Bake until a skewer inserted in the center comes out clean, about 50 minutes. Cool to room temperature.
- Cut the cake into slices.
- Place a slice on each plate with some plum sorbet.
- Serve immediately.
- In Advance: The cake tastes best prepared the day you plan to serve it, but it can be made a day ahead. Store at room temperature, well wrapped in plastic wrap.

Nutrition Facts



Properties

Glycemic Index:57.17, Glycemic Load:44.71, Inflammation Score:-5, Nutrition Score:8.2313043656556%

Flavonoids

Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 463.85kcal (23.19%), Fat: 20.15g (30.99%), Saturated Fat: 11.71g (73.17%), Carbohydrates: 66.14g (22.05%), Net Carbohydrates: 64.21g (23.35%), Sugar: 40.71g (45.23%), Cholesterol: 116.12mg (38.71%), Sodium: 92.28mg (4.01%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 6.45g (12.9%), Selenium: 14.93µg (21.33%), Vitamin B1: 0.24mg (15.67%), Vitamin A: 728.01IU (14.56%), Vitamin B2: 0.25mg (14.46%), Folate: 57.01µg (14.25%), Manganese: 0.25mg (12.53%), Phosphorus: 115.08mg (11.51%), Iron: 1.84mg (10.2%), Vitamin B3: 1.77mg (8.84%), Fiber: 1.93g (7.73%), Calcium: 63.98mg (6.4%), Vitamin B6: 0.12mg (5.75%), Vitamin B5: 0.54mg (5.44%), Magnesium: 21.69mg (5.42%), Zinc: 0.8mg (5.37%), Vitamin E: 0.81mg (5.37%), Vitamin D: 0.8µg (5.35%), Copper: 0.09mg (4.65%), Vitamin B12: 0.26µg (4.29%), Potassium: 143.78mg (4.11%), Vitamin K: 3.24µg (3.09%), Vitamin C: 2.47mg (3%)