



## Polenta Cake with Amaretto Oranges

 Vegetarian  Gluten Free  Low Fod Map

READY IN



54 min.

SERVINGS



8

CALORIES



384 kcal

DESSERT

### Ingredients

- 0.3 cup amaretto (almond-flavored liqueur)
- 0.5 teaspoon double-acting baking powder
- 0.3 cup butter softened
- 3 large eggs
- 0.3 cup juice of lemon fresh
- 1 teaspoon lemon rind fresh grated
- 1.8 pounds navel oranges
- 1.3 cups polenta instant

- 0.5 teaspoon salt
- 0.5 cup slivered almonds toasted
- 1 cup sugar
- 1 tablespoon sugar

## Equipment

- food processor
- bowl
- frying pan
- oven
- knife
- wire rack
- blender
- springform pan

## Directions

- Preheat oven to 37
- Place toasted almonds in a food processor, and process until ground; set aside.
- Place 1 cup sugar and butter in a large bowl; beat with a mixer at medium speed until fluffy.
- Add eggs, 1 at a time, beating well after each addition. Stir in lemon rind and juice.
- Combine ground almonds, polenta, salt, and baking powder in a large bowl.
- Add egg mixture, and stir until well blended.
- Pour batter into an 8-inch springform pan coated with cooking spray.
- Bake at 375 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool completely in pan on a wire rack.
- While cake cools, cut peel and pith away from oranges using a sharp knife.
- Cut oranges crosswise into 1/4-inch slices; cut each slice into quarters.
- Combine oranges, amaretto, and 1 tablespoon sugar, stirring gently until sugar dissolves.
- Cut cake into 8 wedges. Spoon oranges and syrup over cake.

Note: Substitute 1/4 cup orange juice, 1/4 teaspoon almond extract, and 1 tablespoon sugar for the amaretto, if desired.

## Nutrition Facts

**PROTEIN 7.27%** **FAT 26.89%** **CARBS 65.84%**

### Properties

Glycemic Index:36.52, Glycemic Load:18.63, Inflammation Score:-6, Nutrition Score:11.210869669914%

### Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 22.8mg, Hesperetin: 22.8mg, Hesperetin: 22.8mg, Hesperetin: 22.8mg Naringenin: 7.18mg, Naringenin: 7.18mg, Naringenin: 7.18mg, Naringenin: 7.18mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

### Nutrients (% of daily need)

Calories: 384.21kcal (19.21%), Fat: 11.48g (17.66%), Saturated Fat: 4.56g (28.47%), Carbohydrates: 63.22g (21.07%), Net Carbohydrates: 59.75g (21.73%), Sugar: 37.98g (42.21%), Cholesterol: 85mg (28.33%), Sodium: 246.33mg (10.71%), Alcohol: 1.92g (100%), Alcohol %: 1.22% (100%), Protein: 6.98g (13.96%), Vitamin C: 61.91mg (75.05%), Selenium: 10.52µg (15.03%), Vitamin E: 2.25mg (15%), Fiber: 3.47g (13.9%), Vitamin B2: 0.23mg (13.7%), Folate: 48.53µg (12.13%), Phosphorus: 118.81mg (11.88%), Vitamin A: 577.42IU (11.55%), Manganese: 0.22mg (10.91%), Magnesium: 39.03mg (9.76%), Calcium: 89.43mg (8.94%), Vitamin B1: 0.12mg (8.25%), Potassium: 286.88mg (8.2%), Vitamin B6: 0.16mg (8.01%), Copper: 0.15mg (7.34%), Vitamin B5: 0.72mg (7.17%), Iron: 1.01mg (5.62%), Vitamin B3: 1mg (5%), Zinc: 0.65mg (4.33%), Vitamin B12: 0.18µg (2.98%), Vitamin D: 0.38µg (2.5%)