



Poppy Seed Torte with Orange Glaze

 Vegetarian

READY IN



135 min.

SERVINGS



6

CALORIES



588 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 2 cups confectioners' sugar
- ☐ 1.5 tablespoons cornstarch
- ☐ 2 egg yolks
- ☐ 3 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 teaspoon mace
- ☐ 0.5 cup orange juice

- ☐ 2 tablespoons orange zest grated
- ☐ 3 tablespoons poppy seeds
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup butter unsalted softened
- ☐ 1 tablespoon vanilla extract
- ☐ 2 tablespoons sugar white

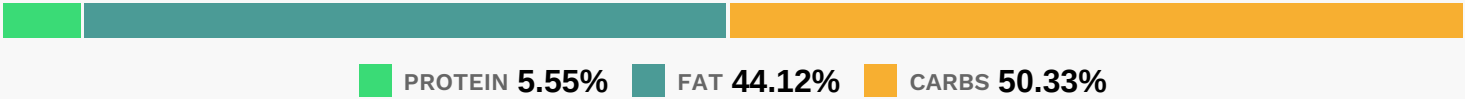
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease and flour two 8 inch round cake pans. In a small bowl, stir together flour, poppy seeds, baking powder, salt, and mace; set aside.
- ☐ In a large bowl, cream together 1 cup of butter and 1 cup of sugar until fluffy. Beat in eggs, one at a time, then add grated orange zest and 1 teaspoon vanilla. Stir in the flour mixture, beating at low speed, until well blended. Divide equally into 2 greased and floured 8 inch round cake pans.
- ☐ Bake in preheated oven for 20 to 30 minutes. Allow cake layers to cool, then split each layer in half horizontally.
- ☐ Put the 4 cake layers together with about 1/3 cup of filling spread between each layer.
- ☐ Spread sides (not top) of cake with remaining filling. Refrigerate.
- ☐ Spread cooled glaze over top of cake and garnish with curls of orange peel. Store cake in refrigerator.
- ☐ Combine the confectioner's sugar, 3/4 cup of butter, 2 egg yolks, and 1 tablespoon of vanilla. Beat on medium high speed until light and fluffy (about 2 to 3 minutes).
- ☐ To Make The Glaze: In a saucepan, combine orange juice, 2 tablespoons sugar, cornstarch, and orange zest. Cook over medium heat, stirring constantly, until mixture thickens and comes to a boil. Set aside to cool before spooning over cake.

Nutrition Facts



Properties

Glycemic Index:49.02, Glycemic Load:21.29, Inflammation Score:-6, Nutrition Score:12.21869549544%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 588.36kcal (29.42%), Fat: 28.96g (44.56%), Saturated Fat: 16.1g (100.64%), Carbohydrates: 74.34g (24.78%), Net Carbohydrates: 72.33g (26.3%), Sugar: 45.47g (50.53%), Cholesterol: 207.65mg (69.22%), Sodium: 190.48mg (8.28%), Alcohol: 0.75g (100%), Alcohol %: 0.58% (100%), Protein: 8.19g (16.38%), Selenium: 21.96µg (31.38%), Manganese: 0.54mg (26.89%), Folate: 87.69µg (21.92%), Vitamin B1: 0.33mg (21.73%), Vitamin A: 964.81IU (19.3%), Vitamin B2: 0.32mg (18.8%), Phosphorus: 162.04mg (16.2%), Vitamin C: 13.12mg (15.9%), Iron: 2.61mg (14.48%), Calcium: 132.13mg (13.21%), Vitamin B3: 2.03mg (10.13%), Copper: 0.16mg (8.1%), Fiber: 2.01g (8.04%), Vitamin D: 1.19µg (7.93%), Vitamin E: 1.16mg (7.71%), Vitamin B5: 0.75mg (7.49%), Magnesium: 29.3mg (7.33%), Zinc: 1.05mg (6.98%), Vitamin B12: 0.36µg (6.02%), Vitamin B6: 0.1mg (4.83%), Potassium: 159.73mg (4.56%), Vitamin K: 2.21µg (2.1%)