



Roasted Orange Cakes

READY IN



120 min.

SERVINGS



10

CALORIES



477 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.1 teaspoon baking soda
- ☐ 0.8 cup buttermilk well-shaken
- ☐ 1.5 cups cake flour (not self-rising)
- ☐ 0.3 cup rum dark
- ☐ 2 large eggs
- ☐ 0.3 cup golden raisins
- ☐ 8 navel oranges
- ☐ 0.5 teaspoon orange zest fresh finely grated

- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.5 cup butter unsalted softened
- ☐ 0.8 teaspoon vanilla
- ☐ 10 servings whipped cream

Equipment

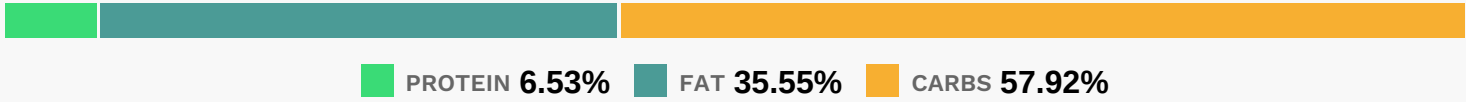
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 450°F.
- ☐ Simmer raisins and rum in a small saucepan, stirring occasionally, until rum is absorbed, about 5 minutes.
- ☐ Cut a very thin slice off bottom of each orange so it will stand without rolling.
- ☐ Cut a 3/4-inch-thick slice off top of each, removing any flesh from tops and reserving them.
- ☐ Remove as much flesh as possible from orange with a sharp knife and a spoon (reserving flesh for another use if desired), leaving an empty shell.
- ☐ Sift together flour, baking soda and powder, and salt. Beat butter and sugar in a large bowl with an electric mixer until light and fluffy.
- ☐ Add eggs 1 at a time, beating well after each addition, then beat in vanilla and zest. Alternately fold in flour mixture and buttermilk in batches, beginning and ending with flour mixture. Fold in raisins.
- ☐ Fill orange shells two-thirds full with batter and put tops in place. Wrap oranges individually in foil and arrange on a baking sheet.

- ☐
- Bake in middle of oven 50 minutes.
- ☐
- Transfer oranges in foil to a rack.
- ☐
- Remove foil when cool enough to handle, then cool oranges on racks at least 15 minutes.
- ☐
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:39.28, Glycemic Load:34.43, Inflammation Score:-7, Nutrition Score:12.90739122681%

Flavonoids

Hesperetin: 24.49mg, Hesperetin: 24.49mg, Hesperetin: 24.49mg, Hesperetin: 24.49mg Naringenin: 7.95mg, Naringenin: 7.95mg, Naringenin: 7.95mg, Naringenin: 7.95mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 477.28kcal (23.86%), Fat: 18.58g (28.58%), Saturated Fat: 11.04g (68.99%), Carbohydrates: 68.11g (22.7%), Net Carbohydrates: 64.53g (23.47%), Sugar: 47.35g (52.61%), Cholesterol: 92.62mg (30.87%), Sodium: 261.89mg (11.39%), Alcohol: 2.78g (100%), Alcohol %: 1.3% (100%), Protein: 7.68g (15.35%), Vitamin C: 66.88mg (81.07%), Calcium: 191.01mg (19.1%), Vitamin B2: 0.32mg (18.88%), Vitamin A: 922.63IU (18.45%), Selenium: 12.64µg (18.05%), Phosphorus: 165.75mg (16.58%), Fiber: 3.58g (14.32%), Folate: 53.68µg (13.42%), Potassium: 414.21mg (11.83%), Manganese: 0.21mg (10.42%), Vitamin B5: 1mg (9.99%), Vitamin B1: 0.13mg (8.82%), Vitamin B6: 0.17mg (8.34%), Magnesium: 31.34mg (7.83%), Vitamin B12: 0.45µg (7.47%), Copper: 0.13mg (6.38%), Zinc: 0.93mg (6.22%), Vitamin E: 0.83mg (5.52%), Vitamin D: 0.74µg (4.91%), Vitamin B3: 0.83mg (4.13%), Iron: 0.7mg (3.9%), Vitamin K: 1.3µg (1.24%)