



Semolina Almond Cake with Sweet Lemon Glaze (with Gluten-Free Option)



Vegetarian



Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



321 kcal

DESSERT

Ingredients

- ☐ 0.8 cup agave nectar light
- ☐ 1 cup almonds sliced
- ☐ 1 Tablespoon double-acting baking powder
- ☐ 4 eggs divided
- ☐ 0.3 cup flour gluten-free all-purpose (or)
- ☐ 1.5 cups ground almonds finely (use a food processor or spice grinder)
- ☐ 2 juice of lemon

- ☐ 1 lemon zest
- ☐ 0.8 cup olive oil
- ☐ 0.3 Teaspoon salt
- ☐ 1 cup semolina flour fine (Gluten-free: Use cornmeal)
- ☐ 0.8 cup sugar

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks
- ☐ microwave
- ☐ skewers

Directions

- ☐ Preheat the oven to 325 °FWith an electric mixer, whip the egg whites and salt at high speed until soft peaks form.
- ☐ Add the sugar gradually and whip until stiff.Switch to low speed, and allowing only enough time to combine the ingredients, beating in one ingredient at a time, just a few seconds each time, the yolks, then the oil, etc... until all ingredients are incorporated.
- ☐ Pour the batter into a greased 10 inch round baking pan, and bake 40 minutes, or until a knife inserted in the center comes out clean.While the cake is baking, heat the agave or honey and lemon juice plus zest in a saucepan over a low flame until just warm (or microwave 30 seconds to 1 minute)When you remove the cake from the oven, immediately poke the cake all over with a toothpick or skewer, and pour the syrup all over the cake.If desired, sprinkle cake with sliced almonds.

Nutrition Facts



 **PROTEIN 9.22%**  **FAT 41.55%**  **CARBS 49.23%**

Properties

Glycemic Index:20.09, Glycemic Load:15.83, Inflammation Score:-3, Nutrition Score:8.0191304269044%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 320.8kcal (16.04%), Fat: 15.42g (23.73%), Saturated Fat: 1.75g (10.94%), Carbohydrates: 41.11g (13.7%), Net Carbohydrates: 37.68g (13.7%), Sugar: 22.94g (25.49%), Cholesterol: 64.8mg (21.6%), Sodium: 158.35mg (6.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.7g (15.4%), Selenium: 16.51µg (23.59%), Vitamin E: 2.69mg (17.91%), Fiber: 3.43g (13.7%), Manganese: 0.27mg (13.36%), Vitamin B2: 0.23mg (13.25%), Calcium: 122.41mg (12.24%), Folate: 42.94µg (10.74%), Vitamin B1: 0.16mg (10.54%), Iron: 1.86mg (10.34%), Phosphorus: 101.82mg (10.18%), Magnesium: 28.36mg (7.09%), Vitamin B3: 1.22mg (6.09%), Vitamin C: 4.92mg (5.96%), Copper: 0.11mg (5.68%), Vitamin K: 4.76µg (4.53%), Vitamin B6: 0.08mg (4.06%), Zinc: 0.53mg (3.54%), Vitamin B5: 0.3mg (3.05%), Potassium: 95.76mg (2.74%), Vitamin D: 0.32µg (2.16%), Vitamin B12: 0.12µg (1.95%), Vitamin A: 87.15IU (1.74%)