

Semolina Walnut Cake with Sour Cherry Compote

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



443 kcal

DESSERT

Ingredients

- 8 servings cherries
- 4 large eggs
- 0.5 cup flour all-purpose
- 1 tablespoon honey
- 2 teaspoons juice of lemon fresh
- 2 tablespoons orange juice fresh
- 2 teaspoons orange zest fresh finely grated

- 0.5 teaspoon salt
- 0.5 cup semolina flour
- 0.5 cup sugar
- 0.5 cup butter unsalted softened
- 4 oz walnuts chopped
- 0.7 cup water

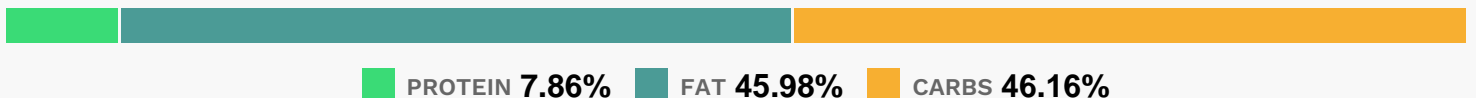
Equipment

- food processor
- bowl
- frying pan
- oven
- hand mixer

Directions

- Preheat oven to 350°F.
- Pulse flours, 1 cup walnuts, and salt in a food processor until nuts are finely chopped.
- Beat together butter, sugar, and zest in a large bowl with an electric mixer until pale and fluffy.
- Add eggs 1 at a time, beating well after each addition. Stir in nut flour and spread batter evenly in a buttered 8-inch square metal pan.
- Sprinkle evenly with remaining 1/3 cup walnuts.
- Bake in middle of oven until golden and a tester comes out clean, 30 to 35 minutes.
- Evenly brush warm syrup over hot cake and cool completely in pan on rack.
- Cut into diamonds.
- Cake may be made 1 day ahead and kept, covered, at room temperature.

Nutrition Facts



Properties

Glycemic Index:43.17, Glycemic Load:22.78, Inflammation Score:-6, Nutrition Score:12.632173952849%

Flavonoids

Cyanidin: 42.68mg, Cyanidin: 42.68mg, Cyanidin: 42.68mg, Cyanidin: 42.68mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 7mg, Epicatechin: 7mg, Epicatechin: 7mg, Epicatechin: 7mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 443.39kcal (22.17%), Fat: 23.65g (36.38%), Saturated Fat: 9.02g (56.39%), Carbohydrates: 53.41g (17.8%), Net Carbohydrates: 48.82g (17.75%), Sugar: 33.43g (37.15%), Cholesterol: 123.5mg (41.17%), Sodium: 184.23mg (8.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.1g (18.19%), Manganese: 0.71mg (35.57%), Selenium: 20.65µg (29.51%), Copper: 0.37mg (18.42%), Fiber: 4.58g (18.32%), Vitamin B2: 0.29mg (17.08%), Folate: 66.91µg (16.73%), Vitamin B1: 0.25mg (16.54%), Vitamin C: 13.29mg (16.1%), Phosphorus: 155.1mg (15.51%), Potassium: 451.6mg (12.9%), Iron: 2.21mg (12.27%), Magnesium: 48.64mg (12.16%), Vitamin A: 592.66IU (11.85%), Vitamin B6: 0.21mg (10.28%), Vitamin B5: 0.87mg (8.67%), Vitamin B3: 1.52mg (7.58%), Zinc: 1.05mg (7%), Vitamin E: 0.83mg (5.5%), Calcium: 54.76mg (5.48%), Vitamin D: 0.71µg (4.75%), Vitamin K: 4.42µg (4.21%), Vitamin B12: 0.25µg (4.11%)