



Sesame Spice Cake With Chocolate Orange Glaze

READY IN



75 min.

SERVINGS



12

CALORIES



485 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 ounce bittersweet chocolate
- 0.8 cup brown sugar packed
- 0.5 cup butter
- 2 tablespoons butter
- 1 cup dates coarsely chopped
- 3 eggs

- 2 cups flour all-purpose
- 1 cup granulated sugar
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 2 tablespoons cup heavy whipping cream
- 0.3 cup orange juice
- 3 tablespoons orange juice
- 1 tablespoon orange zest finely grated
- 1 tablespoon orange zest shredded finely
- 0.5 cup pistachios coarsely chopped
- 1 cup yogurt plain
- 1.3 cups powdered sugar sifted
- 1 teaspoon salt
- 0.3 cup tahini
- 0.5 teaspoon vanilla

Equipment

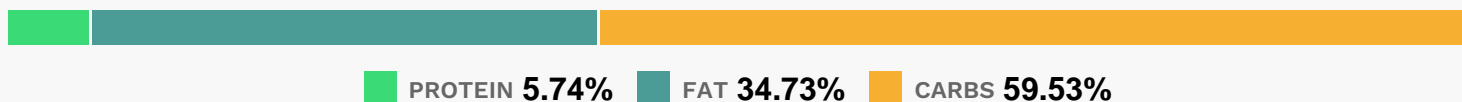
- food processor
- bowl
- sauce pan
- oven
- blender
- kugelhopf pan

Directions

- For the cake, preheat oven to 350 degrees; grease and lightly flour a 10 cup bundt pan. Chop the dates in food processor by pulsing several times; place in a small bowl and cover with hot water; allow to stand while preparing remaining cake ingredients. In medium mixer bowl, combine the flour, salt, baking powder, baking soda, ground cloves and cinnamon; set aside. In large mixer bowl, beat the butter and granulated sugar until light and fluffy; beat in brown

sugar, tahini and while continuing to beat, add eggs 1 at a time. Gradually beat in flour mixture, alternating with yogurt; beat for 2 minutes on medium speed. Stir in 1/4 cup of orange juice and 1 tablespoon zest, drain the dates and stir into batter until evenly distributed; add chopped nuts and stir to distribute. Turn into prepared pan and bake for 40 to 45 minutes or until tester comes out clean when inserted off center; cool 10 minutes and turn out of pan onto plate; allow to cool completely before glazing. For the glaze, in a small saucepan, add the butter, chocolate, cream and orange juice; cook over low heat, stirring constantly, until the mixture thickens; remove from heat. Stir in vanilla and gradually add confectioners sugar; beating until smooth and thickened. Stir in orange zest and pour evenly over cake, allowing glaze to run down sides, scrape up excess that drips into the center and round edges, pour over cake.

Nutrition Facts



Properties

Glycemic Index:44.59, Glycemic Load:28.33, Inflammation Score:-5, Nutrition Score:9.87478260372%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 484.99kcal (24.25%), Fat: 19.27g (29.65%), Saturated Fat: 8.75g (54.68%), Carbohydrates: 74.34g (24.78%), Net Carbohydrates: 71.54g (26.02%), Sugar: 53.17g (59.07%), Cholesterol: 71.89mg (23.96%), Sodium: 384.05mg (16.7%), Alcohol: 0.06g (100%), Alcohol %: 0.05% (100%), Protein: 7.17g (14.34%), Vitamin B1: 0.34mg (22.83%), Selenium: 14.67µg (20.96%), Phosphorus: 169.3mg (16.93%), Manganese: 0.34mg (16.86%), Folate: 59.94µg (14.98%), Copper: 0.28mg (14.16%), Vitamin B2: 0.23mg (13.29%), Iron: 2.14mg (11.9%), Fiber: 2.8g (11.2%), Vitamin B3: 1.94mg (9.72%), Calcium: 95.5mg (9.55%), Vitamin A: 462.77IU (9.26%), Magnesium: 33.54mg (8.39%), Potassium: 292.53mg (8.36%), Vitamin B6: 0.17mg (8.27%), Vitamin C: 6.81mg (8.25%), Zinc: 0.96mg (6.42%), Vitamin B5: 0.51mg (5.06%), Vitamin E: 0.59mg (3.92%), Vitamin B12: 0.2µg (3.36%), Vitamin D: 0.28µg (1.87%), Vitamin K: 1.66µg (1.58%)