



Star Anise and Coriander Spice Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



327 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 3 tablespoons coriander seeds
- ☐ 0.5 cup farina such as cream of wheat uncooked
- ☐ 1 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.8 teaspoon salt
- ☐ 5 points of star anise
- ☐ 10 servings garnish: strawberries

- ☐ 1 cup sugar
- ☐ 0.5 cup butter unsalted softened
- ☐ 0.7 cup milk whole
- ☐ 2 large yolks

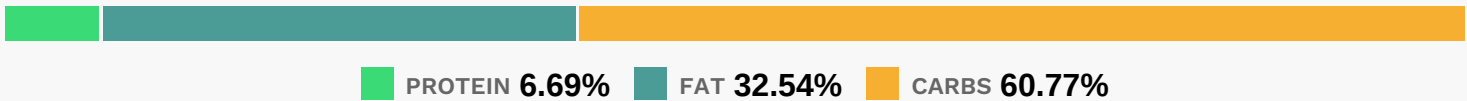
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ cake form

Directions

- ☐ Preheat oven to 350°F. and butter and flour an 8- by 2-inch round cake pan.
- ☐ Into a bowl sift together flour, baking powder, and salt. In an electric coffee/ spice grinder finely grind coriander seeds and star anise. In a large bowl with an electric mixer beat together butter and sugar until light and fluffy.
- ☐ Add flour mixture, ground spices, and remaining ingredients and beat on low speed until combined. Increase speed to high and beat batter 3 minutes.
- ☐ Pour batter into pan and bake in middle of oven until cake pulls away slightly from side of pan, about 50 minutes.
- ☐ Cool cake in pan on a rack 10 minutes. Invert cake onto rack and remove pan. Invert another rack onto cake and turn cake right side up. Cool cake completely.

Nutrition Facts



Properties

Glycemic Index:32.01, Glycemic Load:26.26, Inflammation Score:-7, Nutrition Score:15.880434678948%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3–gallate: 0.22mg, Epicatechin 3–gallate: 0.22mg, Epicatechin 3–gallate: 0.22mg, Epicatechin 3–gallate: 0.22mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 326.7kcal (16.33%), Fat: 12.22g (18.8%), Saturated Fat: 6.7g (41.86%), Carbohydrates: 51.34g (17.11%), Net Carbohydrates: 46.98g (17.08%), Sugar: 27.92g (31.02%), Cholesterol: 81.67mg (27.22%), Sodium: 246.26mg (10.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.31%), Vitamin C: 85.09mg (103.14%), Manganese: 0.82mg (41.02%), Iron: 4.87mg (27.06%), Folate: 81.32µg (20.33%), Vitamin B1: 0.27mg (17.83%), Fiber: 4.37g (17.47%), Selenium: 12µg (17.15%), Calcium: 154.48mg (15.45%), Vitamin B2: 0.23mg (13.78%), Vitamin B3: 2.74mg (13.69%), Phosphorus: 132.65mg (13.26%), Potassium: 314.73mg (8.99%), Magnesium: 34.91mg (8.73%), Vitamin A: 404.85IU (8.1%), Vitamin B6: 0.15mg (7.43%), Copper: 0.14mg (6.91%), Vitamin E: 0.87mg (5.78%), Vitamin B5: 0.56mg (5.56%), Zinc: 0.74mg (4.96%), Vitamin D: 0.63µg (4.22%), Vitamin K: 4.1µg (3.9%), Vitamin B12: 0.22µg (3.63%)