



## Turkish squares

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



604 kcal

SIDE DISH

### Ingredients

- 125 g butter softened
- 150 g sugar
- 4 egg yolk separated
- 500 g buttermilk sour
- 0.5 tsp vanilla extract
- 400 g semolina
- 1 Tbs double-acting baking powder
- 100 g almonds flaked for topping

- 200 ml water
- 200 g sugar
- 2 juice of lemon

## Equipment

- frying pan
- baking paper
- oven
- toothpicks

## Directions

- For the syrup mix all ingredients, bring to the boil, then reduce the flame and cook over low heat for 5 minutes. Set aside to cool.
- Beat butter and sugar for 4 minutes until light and creamy.
- Stir in egg yolks one at a time, combine.
- Add sour milk, vanilla extract and semolina mixed with baking powder.
- Mix and combine.
- Beat the egg whites into stiff peaks. Gradually add to the semolina mixture, lightly stirring after each addition until completely combined.
- Line with parchment paper a baking rectangle shape (about 25x25cm) and cover evenly with the cake batter.
- Bake the cake in a preheated oven at 180C for about 35 minutes or until done (the trick with a toothpick).
- Prick the still hot cake with a toothpick and pour the cooled syrup over it. Leave the cake in a pan until cool, then sprinkle with flaked almonds.
- Cut the cake into squares and serve.

## Nutrition Facts



PROTEIN 8.19% FAT 35.19% CARBS 56.62%

## Properties

Glycemic Index:47.15, Glycemic Load:50.6, Inflammation Score:-7, Nutrition Score:18.288260869565%

## Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Taste

Sweetness: 100%, Saltiness: 53.64%, Sourness: 23.69%, Bitterness: 24.48%, Savoriness: 22.59%, Fattiness: 50.26%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 603.77kcal (30.19%), Fat: 24.05g (36.99%), Saturated Fat: 10.63g (66.45%), Carbohydrates: 87.04g (29.01%), Net Carbohydrates: 83.5g (30.36%), Sugar: 47.54g (52.82%), Cholesterol: 137.67mg (45.89%), Sodium: 331.82mg (14.43%), Protein: 12.59g (25.17%), Selenium: 52.99µg (75.71%), Vitamin B2: 0.6mg (35.18%), Vitamin B1: 0.48mg (31.93%), Manganese: 0.61mg (30.3%), Folate: 115.23µg (28.81%), Vitamin E: 3.98mg (26.53%), Phosphorus: 253.58mg (25.36%), Calcium: 219.17mg (21.92%), Vitamin B3: 3.52mg (17.6%), Iron: 3.1mg (17.25%), Magnesium: 65.4mg (16.35%), Fiber: 3.54g (14.15%), Copper: 0.25mg (12.72%), Vitamin A: 623.95IU (12.48%), Zinc: 1.38mg (9.23%), Vitamin B5: 0.88mg (8.82%), Vitamin D: 1.3µg (8.66%), Potassium: 291.85mg (8.34%), Vitamin B12: 0.49µg (8.16%), Vitamin B6: 0.13mg (6.33%), Vitamin C: 2.9mg (3.52%), Vitamin K: 1.34µg (1.28%)