



WHATSheATE

Vasilopita



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



737 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup slivered almonds
- ☐ 6 eggs
- ☐ 3 cups flour all-purpose
- ☐ 2 cups granulated sugar
- ☐ 1 tablespoon honey
- ☐ 2 teaspoons juice of lemon

- ☐ 0.3 cup brown sugar light
- ☐ 1 cup milk
- ☐ 1 cup butter unsalted softened (2 sticks)
- ☐ 1 teaspoon vanilla extract
- ☐ 1 teaspoon aniseed
- ☐ 8 servings frangelico hard
- ☐ 8 servings frangelico hard

Equipment

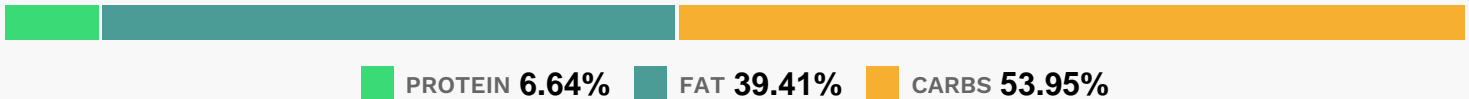
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ cake form

Directions

- ☐ Preheat the oven to 350°F. Butter a 9-inch round cake pan and a 4-inch round cake pan.
- ☐ Combine the almonds, brown sugar, and honey in a small bowl, and set aside.
- ☐ Mix the flour, baking powder, baking soda, and mahlab in a medium bowl, and set aside. In a large bowl, cream the butter and granulated sugar until light and fluffy.
- ☐ Add the eggs one at a time, beating well after each addition. Stir in the lemon juice and vanilla.
- ☐ Add the flour mixture to the butter mixture, alternating with the milk, and mix well.
- ☐ Divide one-third of the nut mixture between the two prepared pans, scattering it in an even layer over their bottoms. Fill the smaller (4-inch) pan two-thirds full of batter, then pour half of the remaining batter into the larger (9-inch) pan.
- ☐ Bake both layers for 20 minutes, until the cakes become a bit firm.
- ☐ Sprinkle half of the remaining almond mixture in an even layer over both cakes, and lay the coin on top of one of the partly baked cakes.
- ☐ Pour the remaining batter on top of each cake.

- ☐ Bake for another 20 to 25 minutes, until a knife inserted in the center of each comes out clean.
- ☐ Let the cakes cool in their pans for 10 minutes.
- ☐ Remove the cakes from their pans, and place the smaller one on top of the larger. Top with the remaining almond mixture, and serve warm.
- ☐ Hazelnut–Anise–Chocolate Chip Vasilopita
- ☐ Replace the almonds with chopped hazelnuts and the mahlab with anise seed.
- ☐ Add 1/2 cup chocolate chips to the nut mixture.Raspberry–Yogurt Vasilopita
- ☐ Replace the milk with yogurt.
- ☐ Add 1 cup fresh raspberries to the center of the cakes, along with the almond mixture and coin, during the baking.Seed Wedding Cake
- ☐ In Greece everyone is required to eat sees at weddings to wish the happy couple a fertile life. Replace the nuts with 3/4 cup sunflower seeds or poppyseeds and serve the cake at a wedding brunch.
- ☐ Excerpted from A World of Cake: 150 Recipes for Sweet Traditions from Cultures Near and Far by Krystina Castella. © 2010 by Krystina Castella. Published by Storey Publishing. Photography © Renee Anjanette Photography, used with permission from Storey Publishing.

Nutrition Facts



Properties

Glycemic Index:42.8, Glycemic Load:62.8, Inflammation Score:-7, Nutrition Score:15.558695728364%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 736.59kcal (36.83%), Fat: 32.84g (50.53%), Saturated Fat: 16.64g (103.97%), Carbohydrates: 101.14g (33.71%), Net Carbohydrates: 98.56g (35.84%), Sugar: 63.21g (70.24%), Cholesterol: 187.43mg (62.48%), Sodium: 240.28mg (10.45%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 12.46g (24.91%), Selenium: 27.75µg (39.64%), Vitamin B2: 0.56mg (33.02%), Manganese: 0.58mg (28.99%), Vitamin B1: 0.42mg (28.11%), Folate: 107.02µg (26.75%), Vitamin E: 3.64mg (24.28%), Phosphorus: 225.89mg (22.59%), Iron: 3.44mg (19.11%), Vitamin A: 937.66IU (18.75%), Calcium: 165.84mg (16.58%), Vitamin B3: 3.23mg (16.13%), Magnesium: 47.54mg (11.89%), Copper: 0.21mg (10.6%), Fiber: 2.58g (10.31%), Vitamin D: 1.42µg (9.47%), Vitamin B5: 0.92mg (9.21%), Vitamin B12: 0.51µg (8.44%), Zinc: 1.25mg (8.32%), Potassium: 242.86mg (6.94%), Vitamin B6: 0.12mg (5.84%), Vitamin K: 2.32µg (2.21%)