



Walnut and Almond Cake with Orange-Pomegranate Compote

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



470 kcal

DESSERT

Ingredients

- ☐ 8 large eggs separated
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon lemon zest grated
- ☐ 0.3 cup matzo cake meal
- ☐ 2 tablespoons orange juice
- ☐ 1 tablespoon orange peel grated

- ☐ 4 large oranges
- ☐ 1 cup pomegranate juice unsweetened pure
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 12 servings vegetable oil
- ☐ 1.8 cups walnuts
- ☐ 1 cup almonds whole

Equipment

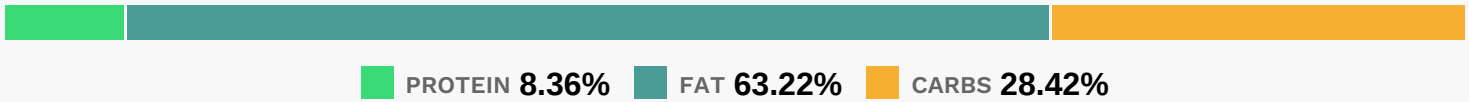
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350°F.
- ☐ Brush 13x9x2-inch metal baking pan with oil.
- ☐ Combine walnuts, almonds, and cake meal in processor; grind nuts finely.
- ☐ Using electric mixer, beat egg yolks, lemon peel, orange peel, cinnamon, and salt in large bowl until beginning to thicken, about 3 minutes. Gradually add 1/2 cup sugar, beating until very thick and light in color, about 2 minutes longer. Beat in orange juice; fold in nut mixture. Using clean dry beaters, beat egg whites in another large bowl until soft peaks form. Gradually add remaining 1/2 cup sugar, beating until stiff but not dry. Fold egg whites into yolk mixture in 3 additions.
- ☐ Transfer batter to prepared pan.
- ☐ Bake cake until puffed and deep golden and tester inserted into center comes out clean, about 35 minutes. Cool cake in pan on rack (center of cake will fall).

- ☐ Place large sieve over bowl.
- ☐ Cut off all peel and pith from oranges. Working over sieve, cut oranges between membranes to release segments into sieve. Squeeze any juice from orange membranes over.
- ☐ Let oranges drain while preparing syrup.
- ☐ Bring pomegranate juice, sugar, lemon juice, and reserved orange peel to boil in medium saucepan over medium-high heat, stirring until sugar dissolves and thin syrup forms.
- ☐ Remove from heat.
- ☐ Holding orange peel back with spoon, pour 3/4 cup syrup into small bowl. Spoon over cake; let stand at least 1 hour.
- ☐ Add drained orange juice to remaining syrup in pan. Boil syrup with peel until reduced enough to coat spoon, about 8 minutes. Discard peel. DO AHEAD Cake can be made 1 day ahead. Cover and let stand at room temperature.
- ☐ Place orange segments in bowl. Cover and refrigerate orange segments and syrup separately.
- ☐ Add syrup to orange segments; let compote stand 15 minutes. Trim edges of cake.
- ☐ Cut cake lengthwise into 2 1/2-inch-wide strips.
- ☐ Cut strips on diagonal into diamonds; place on plates. Spoon compote over and serve.

Nutrition Facts



Properties

Glycemic Index:16.63, Glycemic Load:14.59, Inflammation Score:-6, Nutrition Score:16.349999925365%

Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 17.23mg, Hesperetin: 17.23mg, Hesperetin: 17.23mg, Hesperetin: 17.23mg Naringenin: 9.53mg, Naringenin: 9.53mg, Naringenin: 9.53mg, Naringenin: 9.53mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 470.41kcal (23.52%), Fat: 34.48g (53.05%), Saturated Fat: 4.71g (29.44%), Carbohydrates: 34.87g (11.62%), Net Carbohydrates: 30.45g (11.07%), Sugar: 26.37g (29.3%), Cholesterol: 124mg (41.33%), Sodium: 98.38mg (4.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.27g (20.53%), Manganese: 0.95mg (47.43%), Vitamin C: 36.1mg (43.76%), Vitamin E: 4.87mg (32.44%), Vitamin K: 28.53µg (27.17%), Copper: 0.46mg (22.79%), Vitamin B2: 0.35mg (20.88%), Phosphorus: 196.67mg (19.67%), Selenium: 13.12µg (18.74%), Magnesium: 72.12mg (18.03%), Fiber: 4.42g (17.67%), Folate: 62.83µg (15.71%), Vitamin B1: 0.17mg (11.17%), Vitamin B6: 0.22mg (10.84%), Potassium: 377.16mg (10.78%), Calcium: 98.37mg (9.84%), Iron: 1.74mg (9.65%), Zinc: 1.42mg (9.47%), Vitamin B5: 0.9mg (9.01%), Vitamin A: 330.11IU (6.6%), Vitamin B3: 1mg (5.02%), Vitamin B12: 0.3µg (4.94%), Vitamin D: 0.67µg (4.44%)