



Walnut Cake

READY IN



45 min.

SERVINGS



24

CALORIES



443 kcal

DESSERT

Ingredients

- ☐ 1.5 cups almond flour
- ☐ 6 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.8 cup heavy whipping cream
- ☐ 1 teaspoon kosher salt
- ☐ 6 tablespoons sugar raw divided
- ☐ 0.5 cup yogurt plain
- ☐ 1 cup butter unsalted plus more for pan room temperature (2 sticks)

- ☐ 1 vanilla pod split
- ☐ 7 cups walnut halves
- ☐ 24 servings whipped cream

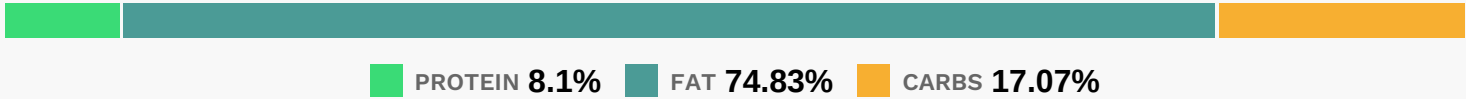
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350°F. Butter a 13x9x2" metal or glass baking dish; sprinkle bottom evenly with 3 tablespoons raw sugar. Set aside.
- ☐ Pulse walnuts in a food processor until coarsely chopped. Set 2 cups aside.
- ☐ Add all-purpose flour to processor and pulse until walnuts are very finely ground, 1–2 minutes.
- ☐ Add almond flour; pulse to blend. Set aside.
- ☐ Using an electric mixer, beat 1 cup butter and granulated sugar in a large bowl until light and fluffy, 2–3 minutes.
- ☐ Add eggs, cream, yogurt, and salt. Scrape in seeds from vanilla bean (reserve bean for another use). Beat until well combined, 1–2 minutes.
- ☐ Add ground-walnut mixture and beat just to blend. Gently fold in chopped walnuts, being careful not to overmix.
- ☐ Pour batter into prepared dish; smooth top.
- ☐ Sprinkle with remaining 3 tablespoons raw sugar.
- ☐ Bake until cooked through and a tester inserted into center comes out clean, 50–55 minutes.
- ☐ Let cool in pan on a wire rack.
- ☐ Serve with whipped cream. DO AHEAD: Can be made 3 days ahead. Cover and chill. Cake is best served cold.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:7.41, Inflammation Score:-5, Nutrition Score:10.809565212416%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg

Nutrients (% of daily need)

Calories: 442.73kcal (22.14%), Fat: 38.69g (59.53%), Saturated Fat: 10.14g (63.37%), Carbohydrates: 19.86g (6.62%), Net Carbohydrates: 16.73g (6.08%), Sugar: 11.5g (12.78%), Cholesterol: 79.9mg (26.63%), Sodium: 123.02mg (5.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.43g (18.85%), Manganese: 1.2mg (59.89%), Copper: 0.56mg (28.08%), Phosphorus: 167.01mg (16.7%), Magnesium: 58.68mg (14.67%), Fiber: 3.13g (12.54%), Folate: 47.84µg (11.96%), Vitamin B6: 0.21mg (10.71%), Selenium: 7.46µg (10.65%), Vitamin B1: 0.16mg (10.58%), Vitamin B2: 0.16mg (9.52%), Iron: 1.69mg (9.39%), Vitamin A: 461.48IU (9.23%), Zinc: 1.34mg (8.95%), Calcium: 79.61mg (7.96%), Potassium: 204.11mg (5.83%), Vitamin B5: 0.48mg (4.84%), Vitamin E: 0.7mg (4.66%), Vitamin D: 0.53µg (3.57%), Vitamin B3: 0.64mg (3.21%), Vitamin B12: 0.19µg (3.13%), Vitamin K: 1.99µg (1.9%)