



## 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

PROTEIN 8.1% FAT 74.83% CARBS 17.07%

## 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: 0g (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%)