



WHATSheATE



Walnut-Orange Cake



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



361 kcal

DESSERT

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 1 tablespoon double-acting baking powder
- ☐ 4 large eggs
- ☐ 0.5 cup olive oil
- ☐ 0.5 cup orange juice fresh
- ☐ 1 tablespoon orange peel finely grated
- ☐ 10 servings powdered sugar
- ☐ 1.5 cups sugar

☐ 1.5 cups walnuts chopped

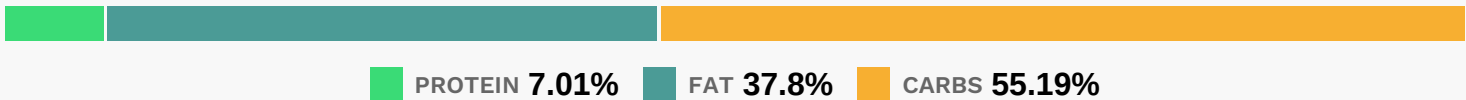
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Preheat oven to 350°F. Spray 9-inch-diameter springform pan with nonstick olive oil spray.
- ☐ Place parchment paper round in bottom of pan and spray paper.
- ☐ Grind walnuts in processor until finely ground but not powdery.
- ☐ Combine ground walnuts, flour, and baking powder in medium bowl; set aside.
- ☐ Using electric mixer, beat eggs in large bowl until frothy, about 2 minutes. Gradually add sugar, beating until light, thick, and pale yellow, about 4 minutes. Gradually add walnut-flour mixture; then add orange juice, orange peel, and olive oil, beating just until blended.
- ☐ Transfer batter to prepared pan.
- ☐ Place pan on rimmed baking sheet, and bake cake until tester inserted into center comes out clean, about 1 hour. Cool cake completely in pan on rack.
- ☐ Release pan sides. Carefully invert cake onto platter and remove parchment paper.
- ☐ Sprinkle powdered sugar atop cake and serve.

Nutrition Facts



Properties

Glycemic Index:30.91, Glycemic Load:29.05, Inflammation Score:-3, Nutrition Score:8.8130433455757%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 361.39kcal (18.07%), Fat: 15.75g (24.23%), Saturated Fat: 2.02g (12.64%), Carbohydrates: 51.72g (17.24%), Net Carbohydrates: 50.12g (18.23%), Sugar: 39.37g (43.75%), Cholesterol: 74.4mg (24.8%), Sodium: 156.85mg (6.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.15%), Manganese: 0.69mg (34.67%), Selenium: 11.49µg (16.41%), Copper: 0.32mg (16.01%), Phosphorus: 142.35mg (14.23%), Folate: 53.37µg (13.34%), Vitamin B1: 0.18mg (11.86%), Vitamin B2: 0.19mg (11.23%), Calcium: 103.52mg (10.35%), Iron: 1.63mg (9.08%), Vitamin C: 7.24mg (8.78%), Magnesium: 34.7mg (8.67%), Vitamin B6: 0.14mg (6.99%), Fiber: 1.6g (6.42%), Zinc: 0.9mg (6%), Vitamin B3: 1mg (5.02%), Vitamin B5: 0.49mg (4.88%), Vitamin E: 0.66mg (4.39%), Potassium: 145.46mg (4.16%), Vitamin B12: 0.18µg (2.97%), Vitamin A: 138.83IU (2.78%), Vitamin D: 0.4µg (2.67%), Vitamin K: 1.88µg (1.79%)