



Warm Grape Cake

 Vegetarian

READY IN



90 min.

SERVINGS



10

CALORIES



380 kcal

DESSERT

Ingredients

- 0.3 teaspoon almond extract
- 0.8 teaspoon double-acting baking powder
- 1 tablespoon confectioners' sugar sifted
- 2 large eggs at room temperature
- 1.5 cups flour all-purpose
- 2 tablespoons ginger grated peeled
- 0.3 cup golden raisins
- 0.8 cup granulated sugar

- 1 cup heavy cream cold
- 0.5 cup honey
- 0.3 teaspoon kosher salt
- 1 lemon zest finely grated
- 0.5 cup olive oil extra-virgin
- 2 cups grapes red seedless halved
- 0.5 stick butter unsalted softened plus more for the pan,
- 0.5 cup milk whole at room temperature

Equipment

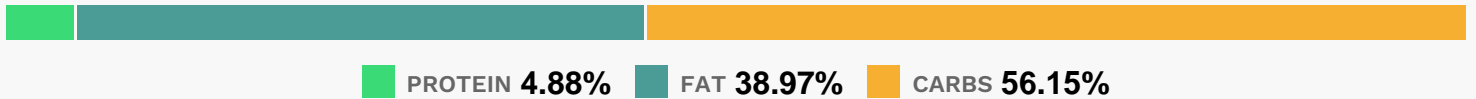
- bowl
- frying pan
- oven
- whisk
- blender
- toothpicks
- springform pan
- glass baking pan

Directions

- Preheat the oven to 350 degrees F. Beat the butter and sugar with a mixer in a large bowl until the mixture lightens in color, 5 to 8 minutes. Slowly beat in the eggs and lemon zest. Sift 1 1/2 cups flour into the bowl.
- Add the baking powder and salt, gently folding to combine.
- Add the olive oil and milk, stirring to combine. Toss the raisins and about 1 cup grapes in a separate bowl and sift in the remaining 1 tablespoon flour.
- Add the fruit-flour mixture to the cake batter and stir only enough to blend.
- Thoroughly grease the bottom and sides of a 9-inch springform pan or glass baking dish with some softened butter.
- Pour the batter into the pan and slide the pan into the center of the oven.

- Bake until a toothpick inserted in the center comes out clean, 40 to 45 minutes.
- Remove the cake from the oven and let sit until cool enough to touch, then detach the outside of the springform pan.
- Whisk together the cream, confectioners' sugar and almond extract in a medium bowl until soft peaks form. Set aside.
- Add the honey to a small saute pan and bring it to a simmer over low heat. Once it bubbles, thickens and darkens slightly, about 3 minutes, add the ginger and the remaining 1 cup grapes. Switch off the heat and allow the mixture to cool slightly.
- Serve slices of the cake with some of the grape-honey mixture and a dollop of the whipped cream.
- Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:32.89, Inflammation Score:-4, Nutrition Score:6.8008694959723%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 380.07kcal (19%), Fat: 16.99g (26.14%), Saturated Fat: 9.27g (57.94%), Carbohydrates: 55.08g (18.36%), Net Carbohydrates: 53.99g (19.63%), Sugar: 38.64g (42.94%), Cholesterol: 77.71mg (25.9%), Sodium: 118.49mg (5.15%), Alcohol: 0.03g (100%), Alcohol %: 0.03% (100%), Protein: 4.79g (9.58%), Selenium: 10.74µg (15.34%), Vitamin B2: 0.24mg (14.28%), Vitamin B1: 0.19mg (12.33%), Vitamin A: 585.05IU (11.7%), Folate: 41.45µg (10.36%), Manganese: 0.19mg (9.29%), Phosphorus: 86.94mg (8.69%), Iron: 1.4mg (7.8%), Vitamin K: 7.16µg (6.82%), Calcium: 65.96mg (6.6%), Vitamin B3: 1.29mg (6.45%), Vitamin E: 0.85mg (5.68%), Vitamin D: 0.8µg (5.33%), Potassium: 186.01mg (5.31%), Copper: 0.1mg (5.24%), Vitamin B6: 0.09mg (4.51%), Fiber: 1.1g (4.39%), Vitamin B5: 0.39mg (3.86%), Vitamin B12: 0.2µg (3.38%), Magnesium: 13.5mg (3.37%), Zinc: 0.45mg (3.03%), Vitamin C: 2.19mg (2.66%)