



Warm Grape Cake

 Vegetarian

READY IN



100 min.

SERVINGS



10

CALORIES



341 kcal

DESSERT

Ingredients

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

- ☐ 1.5 cups grapes dried fresh seedless washed divided stemmed halved
- ☐ 1 cup heavy cream cold
- ☐ 3 tablespoons honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 lemon zest
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.5 stick butter unsalted softened for pan,
- ☐ 0.5 cup milk whole room temperature

Equipment

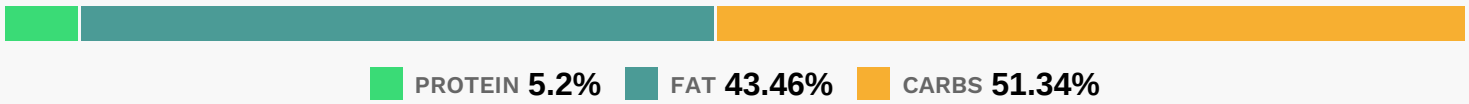
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form
- ☐ springform pan
- ☐ glass baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: 1 (9-inch) round springform pan or 1 (9-inch) glass baking dish
- ☐ This cake is very simple to put together but you have to respect 1 rule: temperature. It is critical that the butter, eggs, milk and olive oil all be at room temperature when you begin making this batter.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Using an electric hand mixer, beat together the butter and sugar in a large bowl until they lighten in color, about 5 to 8 minutes. Slowly beat in the eggs and lemon zest. Sift 1 1/2 cups flour over the bowl and add the baking powder and salt, gently folding to combine.

- ☐ Add in the olive oil and milk, stirring to combine. In a separate bowl, toss the raisins and about 1 cup of the grapes with the remaining 1 tablespoon of sifted flour.
- ☐ Add the fruit to the cake batter and stir only enough to blend.
- ☐ Thoroughly grease the bottom and sides of the cake pan with some extra softened butter.
- ☐ Pour the batter into the pan and slide it into the center of the oven.
- ☐ Bake until a toothpick inserted in the center comes out clean, about 40 to 45 minutes.
- ☐ Remove the cake from the oven and allow it to cool. Detach the outside of the springform pan, using the bottom as a plate for the cake to finish cooling.
- ☐ Meanwhile, in a small bowl, whisk together the cream, confectioners' sugar and almond extract until soft peaks form. Set the topping aside.
- ☐ Add the honey to a small saute pan and bring it to a light simmer over low heat. Once it bubbles, thickens and turns light brown after about 2 to 3 minutes, add in the grated ginger and remaining grapes. Switch off the heat and allow the glaze to cool.
- ☐ Serve slices of the cake with some of the grape-ginger mixture spooned over and a dollop of the whipped cream.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:27.7, Inflammation Score:-4, Nutrition Score:6.367826047151%

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: 340.5kcal (17.02%), Fat: 16.86g (25.94%), Saturated Fat: 9.23g (57.67%), Carbohydrates: 44.82g (14.94%), Net Carbohydrates: 43.83g (15.94%), Sugar: 28.73g (31.92%), Cholesterol: 73.24mg (24.41%), Sodium: 116.13mg (5.05%), Alcohol: 0.07g (100%), Alcohol %: 0.07% (100%), Protein: 4.54g (9.07%), Selenium: 10.27µg (14.67%), Vitamin B2: 0.23mg (13.4%), Vitamin B1: 0.18mg (11.94%), Vitamin A: 573.59IU (11.47%), Folate: 40.45µg (10.11%), Manganese: 0.17mg (8.51%), Phosphorus: 82.39mg (8.24%), Iron: 1.31mg (7.26%), Calcium: 63.8mg (6.38%), Vitamin B3: 1.26mg (6.29%), Vitamin K: 6.05µg (5.77%), Vitamin E: 0.82mg (5.49%), Vitamin D: 0.78µg (5.17%), Potassium: 161.64mg (4.62%), Copper: 0.09mg (4.45%), Fiber: 0.99g (3.98%), Vitamin B6: 0.08mg (3.9%), Vitamin B5: 0.36mg

(3.55%), Vitamin B12: 0.19µg (3.2%), Magnesium: 12.32mg (3.08%), Zinc: 0.41mg (2.72%), Vitamin C: 1.86mg (2.26%)