

Orange and Cardamom Cake

Hands On Time: 15 minutes

Total Time: 2-3 hours, 15 minutes

Serves 8 slices



The wonderful combination of fragrant cardamom and oranges give this cake an exotic twist.

The addition of de-fatted almond flour creates an amazing crumb and texture, while also bringing the calories down.

Enjoy!

INGREDIENTS:

2 seedless oranges

$\frac{3}{4}$ cup of Sukrin Gold

5 eggs

$\frac{1}{2}$ teaspoon of cardamom

$\frac{1}{4}$ teaspoon of cinnamon

1 cup of almond meal

$\frac{1}{2}$ cup of Sukrin Defatted Almond Flour

1 teaspoon of baking powder

$\frac{1}{2}$ teaspoon of xanthan gum

2 tablespoons of flaked almonds

1 tablespoon of powdered sweetener

METHOD:

Slice the very top and bottom off each orange and place in a small pot, covering with cold water.

Bring the water to a boil and then reduce to a simmer.

Simmer the oranges for 1 – 2 hours (the longer you cook them for, the more bitterness will be removed)

Preheat oven to 350° F, fan forced.

Grease and line a springform pan.

Roughly chop and place the oranges into a food processor and process until smooth.

Place the eggs and Sukrin Gold in the bowl of your stand mixer and beat until well combined.

Add the dry ingredients and combine well, then add the orange puree.

Once combined, pour the batter into the prepared pan and sprinkle with the flaked almonds.

Bake for 60 minutes.

Serve cold, dusted with powdered sweetener.

Store, wrapped, in the pantry for up to 5 days.

NUTRITIONAL INFORMATION:



Nutritional data (per serving)

Net Carbs	Protein	Fat	Calories
5.7 grams	11.1 grams	11.4 grams	175 kcal

Calories from carbs **13.4%**, protein **26.2%**, fat **60.4%**.

• Total Carbs **8.6 grams** • Fiber **2.9 grams** • Sugars **4.8 grams**

• Saturated Fat **1.6 grams** • Sodium **121 mg**(5.3 %RDA)

• Magnesium **62.3 mg**(15.6 %RDA) • Potassium **243 mg**(12.2 %EMR)

Ingredients (makes 8 servings)

2 fruit (2-5/8" dia) of Oranges, raw, all commercial varieties	262 grams	<input type="checkbox"/>
¾ cup of Sukrin Gold, brown sugar substitute	120 grams	<input type="checkbox"/>
½ tsp of cardamom powder, spices	1 grams	<input type="checkbox"/>
¼ tsp of cinnamon, spices	< 1 gram	<input type="checkbox"/>
1 cup of almond flour (blanched ground almonds, almond meal)	100 grams	<input type="checkbox"/>
½ cup of almond flour (deoiled, defatted, fine)	60 grams	<input type="checkbox"/>
5 large of eggs, free-range or organic	250 grams	<input type="checkbox"/>
1 tsp of baking powder, gluten-free	4 grams	<input type="checkbox"/>
½ tsp of Xanthan gum, thickening agent	1.5 grams	<input type="checkbox"/>
2 tbsp of almonds, nuts (flaked)	12 grams	<input type="checkbox"/>
1 tbsp of Sukrin Icing, powdered sugar substitute	10 grams	<input type="checkbox"/>

Add all to basket

Add selected to basket