

Orange polenta cake

Preparation time

10

Cooking time

45

Serves

12

Recipe courtesy of

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Partner

Almond Board of Australia



Ingredients

Method

Nutrition

60g reduced fat margarine

1 cup (220g) castor sugar

1 tsp vanilla essence

2 eggs

4 egg whites

200g gluten-free low-fat vanilla yoghurt

1 cup (150g) polenta

1/2 cup (40g) desiccated coconut

4 tsp grated orange rind

1/3 cup (80ml) orange juice

1. In a medium bowl, cream margarine, sugar, and vanilla essence with an electric beater.
2. Add eggs and egg whites, one at a time, continue beating between additions.
3. Add yoghurt, polenta, coconut, orange rind and juice. Beat well for further 2 minutes.
4. Pour into greased ring pan.
5. Bake in moderate oven at 160°C for 40 to 50 minutes or until golden brown.

Nutritional information is provided per serve

Energy 840kJ (201 calories)

Protein 4.4g

Saturated Fat 3g

Total Fat 6.6g

Carbohydrates 36g

Sugars 20g

Dietary Fibre 1g

Sodium 74mg