



1-2-3-4 Lemon Cake

READY IN



45 min.

SERVINGS



6

CALORIES



1348 kcal

DESSERT

Ingredients

- 1 cup butter unsalted plus more for pans room temperature (2 sticks)
- 3 cups flour all-purpose plus more for pans sifted
- 1 tablespoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 teaspoon salt
- 2 cups granulated sugar
- 4 large eggs lightly beaten
- 1.3 cups buttermilk
- 1.5 teaspoons vanilla extract pure

- 2 lemon zest grated
- 3 cups lemon curd homemade
- 12 ounces poached berries fresh assorted
- 0.7 cup cup heavy whipping cream
- 0.5 teaspoon vanilla extract
- 2 tablespoon powdered sugar

Equipment

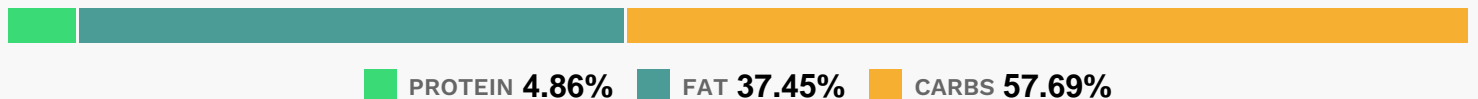
- bowl
- baking paper
- oven
- whisk
- sieve
- hand mixer
- serrated knife

Directions

- Heat oven to 350 degrees. Arrange two racks in center of oven. Butter two 8-by-2-inch round cake pans; line bottoms with parchment paper. Dust bottoms and sides of pans with flour; tap out any excess.
- In a large bowl, sift together flour, baking powder, baking soda, and salt.
- In the bowl of an electric mixer fitted with the paddle attachment, cream butter on medium speed until softened, 1 to 2 minutes. Gradually add granulated sugar, beating on medium speed until lightened, 3 to 4 minutes; scrape down sides once or twice.
- Drizzle in eggs, a little at a time, beating after each addition until batter is no longer slick, about 5 minutes; stop once or twice to scrape down sides.
- On low speed, alternately add flour mixture and buttermilk, a little of each at a time, beginning and ending with flour mixture. Beat in vanilla and lemon zest.
- Divide batter evenly between the prepared pans.

- Bake 25 minutes, then rotate the pans in the oven for even browning. Continue baking until a cake tester inserted into the center of each cake comes out clean, 10 to 20 minutes more.
- Transfer pans to wire racks to cool, 15 minutes. Turn out cakes; set on racks, tops up, until completely cool.
- Remove the parchment from bottom of each cake. Using a serrated knife, slice each layer in half horizontally. Set aside the prettiest domed layer for the top of cake.
- Place another domed layer, dome-side down, on a serving platter.
- Spread 1 cup lemon curd over surface to within 1/2 inch from edges.
- Place second cake layer over the first, and spread another 1 cup curd over top. Repeat with third cake layer and remaining cup curd.
- Transfer partially assembled cake to the refrigerator.
- Make sweetened whipped cream: Whip the heavy cream in the bowl of an electric mixer fitted with the whisk attachment on medium speed until soft peaks form, 2 to 4 minutes.
- Add the vanilla and confectioners' sugar; continue whipping on medium speed until the soft peaks return, 2 to 3 minutes.
- Just before serving, place reserved dome on top of cake. Spoon sweetened whipped cream over the top.
- Sprinkle with mixed berries, and dust with confectioners' sugar through a fine sieve.

Nutrition Facts



Properties

Glycemic Index:44.68, Glycemic Load:82.31, Inflammation Score:-8, Nutrition Score:18.686956571496%

Flavonoids

Cyanidin: 2.47mg, Cyanidin: 2.47mg, Cyanidin: 2.47mg, Cyanidin: 2.47mg Petunidin: 10.3mg, Petunidin: 10.3mg, Petunidin: 10.3mg, Petunidin: 10.3mg Delphinidin: 12.24mg, Delphinidin: 12.24mg, Delphinidin: 12.24mg, Delphinidin: 12.24mg Malvidin: 28.15mg, Malvidin: 28.15mg, Malvidin: 28.15mg, Malvidin: 28.15mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 1347.69kcal (67.38%), Fat: 56.65g (87.15%), Saturated Fat: 34.3g (214.4%), Carbohydrates: 196.31g (65.44%), Net Carbohydrates: 192.65g (70.05%), Sugar: 145.51g (161.68%), Cholesterol: 240.72mg (80.24%), Sodium: 1041.1mg (45.27%), Alcohol: 0.46g (100%), Alcohol %: 0.13% (100%), Protein: 16.54g (33.08%), Selenium: 34.94µg (49.91%), Vitamin B2: 0.65mg (38.04%), Vitamin B1: 0.55mg (36.94%), Folate: 138.96µg (34.74%), Vitamin A: 1623.77IU (32.48%), Manganese: 0.53mg (26.46%), Phosphorus: 250.79mg (25.08%), Calcium: 237.77mg (23.78%), Iron: 3.91mg (21.72%), Vitamin B3: 4.1mg (20.51%), Vitamin D: 2.31µg (15.38%), Fiber: 3.66g (14.64%), Vitamin K: 13.23µg (12.6%), Vitamin E: 1.82mg (12.14%), Vitamin B5: 1.16mg (11.62%), Vitamin B12: 0.63µg (10.55%), Copper: 0.16mg (8.11%), Zinc: 1.21mg (8.06%), Vitamin B6: 0.15mg (7.49%), Magnesium: 29.2mg (7.3%), Potassium: 252.19mg (7.21%), Vitamin C: 4.16mg (5.04%)