



Almond Lemon Cake

 Vegetarian

READY IN



110 min.

SERVINGS



10

CALORIES



466 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup blanched almonds and finely chopped
- ☐ 1 cup butter softened
- ☐ 1 dash cream of tartar
- ☐ 8 egg whites
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon juice of lemon
- ☐ 1.5 tablespoons lemon zest grated

- ☐ 0.1 teaspoon salt
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup sugar white

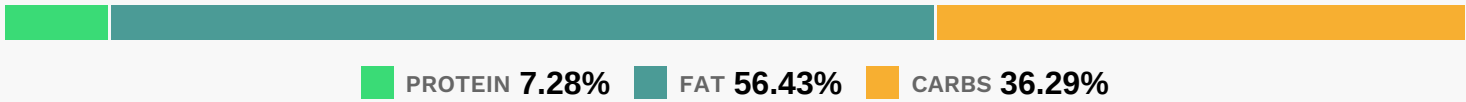
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks

Directions

- ☐ In a bowl, beat the egg whites with the cream of tartar until stiff. Gradually beat in 1/2 cup sugar.
- ☐ In another bowl, stir together the flour, baking powder, and salt.
- ☐ In a large bowl, cream the butter or margarine with the remaining 1/2 cup sugar. Beat in lemon rind, lemon juice, sour cream, and vanilla. Stir the flour mixture into the butter mixture, along with about 1/3 of the beaten egg whites. Fold in the rest of the egg whites gently but thoroughly. Stir in the almonds. Turn the batter into a greased and floured tube pan.
- ☐ Bake at 350 degrees F (175 degrees C) for about 70 minutes, or until it tests done with a toothpick. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:28.71, Glycemic Load:27.87, Inflammation Score:-6, Nutrition Score:9.5834782590037%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 466.06kcal (23.3%), Fat: 29.79g (45.84%), Saturated Fat: 14.52g (90.78%), Carbohydrates: 43.11g (14.37%), Net Carbohydrates: 41.09g (14.94%), Sugar: 21.75g (24.17%), Cholesterol: 62.38mg (20.79%), Sodium: 267.67mg (11.64%), Alcohol: 0.28g (100%), Alcohol %: 0.27% (100%), Protein: 8.65g (17.29%), Vitamin E: 3.6mg (24.02%), Vitamin B2: 0.37mg (21.74%), Selenium: 14.88µg (21.26%), Manganese: 0.41mg (20.41%), Vitamin B1: 0.23mg (15.19%), Vitamin A: 711.98IU (14.24%), Folate: 55.31µg (13.83%), Phosphorus: 122.7mg (12.27%), Magnesium: 44.83mg (11.21%), Vitamin B3: 1.98mg (9.89%), Iron: 1.68mg (9.32%), Calcium: 88.72mg (8.87%), Copper: 0.18mg (8.87%), Fiber: 2.01g (8.05%), Potassium: 203.6mg (5.82%), Zinc: 0.66mg (4.37%), Vitamin B5: 0.3mg (3.02%), Vitamin C: 1.95mg (2.36%), Vitamin B6: 0.04mg (1.96%), Vitamin K: 2.01µg (1.91%), Vitamin B12: 0.11µg (1.81%)