


 **4%**
HEALTH SCORE

Easter Nest Sweet Cake With Sour Cream-Royal Icing and Pistachios

 Vegetarian

READY IN

35 min.

SERVINGS

8

CALORIES

574 kcal

DESSERT

Ingredients

- 1.3 teaspoons double-acting baking powder
- 0.7 cup brown sugar soft
- 0.7 cup brown sugar soft
- 2 eggs
- 1 egg whites
- 1.5 cups flour all-purpose
- 3 drops drop natural food coloring green

- 0.8 cup powdered sugar
- 1 teaspoon juice of lemon
- 8 servings pistachios
- 0.5 cup cream sour
- 4 oz butter unsalted

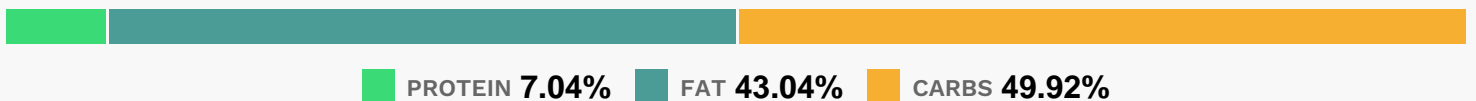
Equipment

- bowl
- oven
- wire rack
- blender
- hand mixer
- cake form
- skewers

Directions

- Preheat oven to 190 C/ 375 F and lightly grease a ring cake pan. Set aside. In a medium bowl-- and using an electric mixer-- beat sugar, eggs, and butter until creamy.
- Add sour cream and flour and mix for a couple of minutes.
- Pour mixture into cake pan.
- Bake for 20 minutes or until golden brown and cooked through when tested with a skewer. To make the icing, use a standard mixer to beat the egg white until soft stiff peaks are formed.
- Add lemon juice and sugar and food coloring. Beat for a couple of seconds more.
- Let the cake cool on a wire rack for about 10 minutes. Then pour the royal icing/glaze onto the cake, sprinkle with chopped pistachios, and decorate as desired.

Nutrition Facts



Properties

Glycemic Index:23.13, Glycemic Load:13.96, Inflammation Score:-6, Nutrition Score:12.725217391304%

Flavonoids

Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Taste

Sweetness: 100%, Saltiness: 31.86%, Sourness: 5.41%, Bitterness: 10.11%, Savoriness: 13.7%, Fattiness: 45.31%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 574.01kcal (28.7%), Fat: 28.28g (43.51%), Saturated Fat: 10.67g (66.69%), Carbohydrates: 73.78g (24.59%), Net Carbohydrates: 70.26g (25.55%), Sugar: 49.36g (54.84%), Cholesterol: 79.88mg (26.63%), Sodium: 105.36mg (4.58%), Protein: 10.41g (20.82%), Vitamin B1: 0.44mg (29.06%), Vitamin B6: 0.53mg (26.34%), Manganese: 0.53mg (26.28%), Selenium: 15.22µg (21.74%), Copper: 0.43mg (21.48%), Phosphorus: 214.39mg (21.44%), Folate: 64.27µg (16.07%), Vitamin B2: 0.26mg (15.21%), Iron: 2.73mg (15.17%), Fiber: 3.52g (14.08%), Calcium: 124.57mg (12.46%), Vitamin A: 619.42IU (12.39%), Potassium: 404.5mg (11.56%), Magnesium: 46mg (11.5%), Vitamin B3: 1.82mg (9.1%), Vitamin E: 1.16mg (7.72%), Zinc: 1mg (6.64%), Vitamin B5: 0.54mg (5.37%), Vitamin D: 0.43µg (2.88%), Vitamin B12: 0.16µg (2.59%), Vitamin C: 1.94mg (2.35%), Vitamin K: 1.31µg (1.25%)