



Egg-Yolk Sponge Cake



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



258 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 eggs
- ☐ 0.8 cup egg yolks
- ☐ 1.7 cups flour all-purpose
- ☐ 0.5 teaspoon lemon extract
- ☐ 1 tablespoon orange juice
- ☐ 1 tablespoon orange zest
- ☐ 0.5 teaspoon salt

- ☐ 0.8 cup water boiling
- ☐ 1.5 cups sugar white

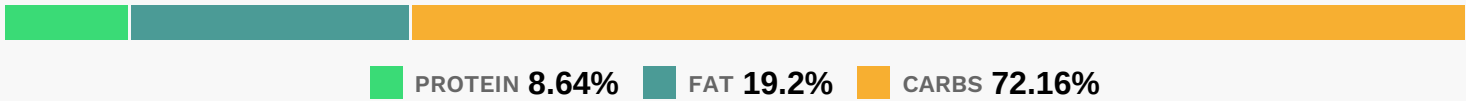
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer
- ☐ spatula
- ☐ sifter

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Sift together twice: flour, baking powder, and salt.
- ☐ Pour back into sifter.
- ☐ In a large mixing bowl beat egg yolks and whole eggs with an electric mixer until thick and lemon colored (about 5 minutes). Gradually add sugar, beating after each addition. This should take about 10 minutes.
- ☐ Fold in orange rind, orange juice, and lemon extract. Sift dry ingredients into egg and sugar mixture and fold in. Do not stir or beat.
- ☐ Add boiling water and fold in quickly, just until liquid is blended.
- ☐ Pour batter into one ungreased 10 inch tube pan.
- ☐ Bake at 325 degrees F (165 degrees C) for 60 to 65 minutes. Turn cake over in pan on a wire rack and let cake hang for 1 hour or until cool. Loosen cake sides from pan with a spatula and shake from pan. Dust top lightly with confectioner's sugar or frost with Orange Butter Frosting.

Nutrition Facts



Properties

Glycemic Index:28.91, Glycemic Load:32.69, Inflammation Score:-2, Nutrition Score:6.9908696704585%

Flavonoids

Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

Nutrients (% of daily need)

Calories: 257.97kcal (12.9%), Fat: 5.55g (8.54%), Saturated Fat: 1.91g (11.94%), Carbohydrates: 46.96g (15.65%), Net Carbohydrates: 46.33g (16.85%), Sugar: 30.26g (33.62%), Cholesterol: 213.2mg (71.07%), Sodium: 196.51mg (8.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.63g (11.25%), Selenium: 18.81µg (26.87%), Folate: 67.49µg (16.87%), Vitamin B1: 0.2mg (13.31%), Vitamin B2: 0.23mg (13.29%), Phosphorus: 115.85mg (11.59%), Iron: 1.63mg (9.06%), Manganese: 0.16mg (7.76%), Vitamin D: 1.07µg (7.15%), Vitamin B5: 0.71mg (7.1%), Calcium: 66.41mg (6.64%), Vitamin B12: 0.39µg (6.58%), Vitamin B3: 1.25mg (6.25%), Vitamin A: 292.48IU (5.85%), Zinc: 0.63mg (4.2%), Vitamin B6: 0.08mg (4.11%), Vitamin E: 0.53mg (3.54%), Copper: 0.05mg (2.68%), Fiber: 0.63g (2.52%), Vitamin C: 1.67mg (2.02%), Magnesium: 6.68mg (1.67%), Potassium: 53.64mg (1.53%)