



WHATSheATE



Fresh Lime Chiffon Cake

READY IN



45 min.

SERVINGS



16

CALORIES



292 kcal

DESSERT

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 1 tablespoon cake flour
- ☐ 7.5 ounces cake flour sifted
- ☐ 7 tablespoons canola oil
- ☐ 1 teaspoon cream of tartar
- ☐ 8 egg whites
- ☐ 3 egg yolks
- ☐ 2.5 cups non-dairy whipped topping fat-free thawed
- ☐ 1 teaspoon lemon extract pure

- ☐ 0.3 cup juice of lime fresh (2 limes)
- ☐ 0.3 cup juice of lime fresh (3 limes)
- ☐ 2 tablespoons juice of lime (1 lime)
- ☐ 1 teaspoon lime rind finely grated
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups sugar divided
- ☐ 3 tablespoons sugar
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 3 tablespoons water

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ wax paper
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ To prepare the lime filling, combine 1 teaspoon lime rind, 1/4 cup lime juice, and sweetened condensed milk in a small bowl, stirring until blended. Cover and chill 3 hours.
- ☐ Preheat oven to 32
- ☐ To prepare cake, coat bottoms of 3 (8-inch) round cake pans with cooking spray (do not coat sides of pans); line bottoms with wax paper. Coat wax paper with cooking spray; dust with 1 tablespoon flour.
- ☐ Lightly spoon 2 cups cake flour into dry measuring cups, and level with a knife.

- ☐ Combine 2 cups cake flour, 1 cup sugar, baking powder, and 1/2 teaspoon salt in a large bowl, stirring with a whisk until well combined.
- ☐ Combine oil, 1/3 cup juice, 3 tablespoons water, 1 teaspoon rind, lemon extract, and egg yolks in a medium bowl, stirring with a whisk.
- ☐ Add oil mixture to flour mixture; beat with a mixer at medium speed until smooth.
- ☐ Place egg whites in a large bowl; beat with a mixer at high speed until foamy.
- ☐ Add cream of tartar; beat until soft peaks form. Gradually add remaining 1/4 cup sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently stir one-fourth of egg white mixture into flour mixture; gently fold in remaining egg white mixture.
- ☐ Divide cake batter equally among prepared pans, spreading evenly. Break air pockets by cutting through batter with a knife.
- ☐ Bake at 325 for 20 minutes or until cake springs back when lightly touched. Cool in pans for 10 minutes on a wire rack; remove from pans.
- ☐ Remove wax paper from cake layers. Cool completely on wire rack.
- ☐ To prepare frosting, combine 3 tablespoons sugar and 2 tablespoons lime juice in a small glass bowl. Microwave at high for 30 seconds or until sugar dissolves. Cool completely. Fold into whipped topping.
- ☐ To assemble cake, place 1 cake layer on a plate; spread half of filling over cake layer. Top with second layer, remaining half of filling, and third layer.
- ☐ Spread frosting over top and sides of cake.
- ☐ Garnish with mint, blueberries, and lime wedges, if desired. Store cake loosely covered in refrigerator for up to 3 days. Slice cake into wedges.

Nutrition Facts



Properties

Glycemic Index:28.7, Glycemic Load:27.32, Inflammation Score:-1, Nutrition Score:5.5960870359255%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 291.8kcal (14.59%), Fat: 10.08g (15.51%), Saturated Fat: 2.51g (15.66%), Carbohydrates: 45.62g (15.21%), Net Carbohydrates: 45.19g (16.43%), Sugar: 33.56g (37.29%), Cholesterol: 46.76mg (15.59%), Sodium: 206.29mg (8.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.18g (12.35%), Selenium: 14.48µg (20.69%), Vitamin B2: 0.27mg (16.04%), Calcium: 129.15mg (12.92%), Phosphorus: 114.68mg (11.47%), Vitamin E: 1.29mg (8.59%), Vitamin B12: 0.36µg (6.03%), Manganese: 0.12mg (5.85%), Potassium: 190.62mg (5.45%), Vitamin C: 3.89mg (4.72%), Vitamin K: 4.68µg (4.46%), Vitamin B1: 0.06mg (3.99%), Folate: 15.86µg (3.96%), Vitamin B5: 0.39mg (3.89%), Magnesium: 13.7mg (3.43%), Zinc: 0.48mg (3.2%), Vitamin A: 141.09IU (2.82%), Vitamin B6: 0.05mg (2.44%), Copper: 0.04mg (2.11%), Iron: 0.37mg (2.08%), Fiber: 0.42g (1.7%), Vitamin D: 0.23µg (1.55%), Vitamin B3: 0.26mg (1.32%)