






 2%  
HEALTH SCORE

# Fresh Strawberry Yogurt Cake

 Vegetarian

READY IN  
  
45 min.

SERVINGS  
  
12

CALORIES  
  
310 kcal

DESSERT

## Ingredients

- 0.5 teaspoon baking soda
- 1 cup butter softened (2 sticks)
- 3 eggs
- 2.5 cups flour all-purpose divided
- 1 optional: lemon
- 1 cup powdered sugar
- 12 servings salt to taste
- 12 ounces strawberries fresh diced

- 1 teaspoon sugar
- 8 ounces greek yogurt plain

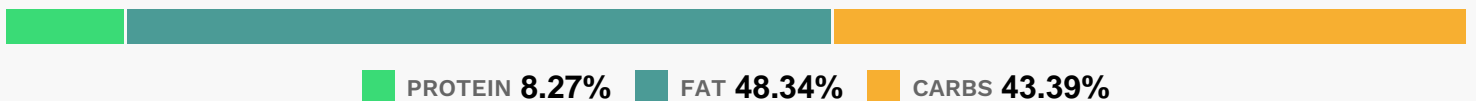
## Equipment

- frying pan
- oven
- whisk
- wire rack
- hand mixer
- toothpicks
- kugelhopf pan

## Directions

- Preheat oven to 325\*. Grease and flour a 10 inch Bundt pan. Sift together the 2 cups of flour, baking soda and salt.
- Mix in the zest of 1 lemon and set aside. With an electric mixer, cream together the butter and sugar until light and fluffy. Beat in the eggs one at a time, then stir in 1 Tb. lemon juice. Alternate beating in the flour mixture and the yogurt, mixing just until incorporated. Toss the strawberries with the remaining cup of flour. Gently mix them into the batter.
- Pour the batter into the Bundt pan.
- Bake in the preheated oven for 60 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool 10 minutes in the pan, then turn out onto a wire rack and cool completely. Once cooled whisk together the remaining 2 Tb. of lemon juice and the powdered sugar.
- Drizzle over the top of the cake.
- Serves 12+.

## Nutrition Facts



## Properties

Glycemic Index:21.72, Glycemic Load:15.41, Inflammation Score:-5, Nutrition Score:8.1491304347826%

## Flavonoids

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## Taste

Sweetness: 100%, Saltiness: 34.4%, Sourness: 62.61%, Bitterness: 33.25%, Savoriness: 22.28%, Fattiness: 92.63%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 309.55kcal (15.48%), Fat: 16.83g (25.89%), Saturated Fat: 10.14g (63.35%), Carbohydrates: 33.98g (11.33%), Net Carbohydrates: 32.46g (11.8%), Sugar: 12.46g (13.85%), Cholesterol: 82.54mg (27.51%), Sodium: 384.64mg (16.72%), Protein: 6.47g (12.95%), Vitamin C: 21.44mg (25.99%), Selenium: 14.48µg (20.68%), Folate: 62.51µg (15.63%), Vitamin B1: 0.22mg (14.96%), Manganese: 0.3mg (14.77%), Vitamin B2: 0.25mg (14.62%), Vitamin A: 538.27IU (10.77%), Iron: 1.6mg (8.87%), Phosphorus: 88.39mg (8.84%), Vitamin B3: 1.71mg (8.56%), Fiber: 1.52g (6.09%), Vitamin E: 0.67mg (4.45%), Vitamin B12: 0.26µg (4.37%), Calcium: 42.68mg (4.27%), Vitamin B5: 0.42mg (4.19%), Potassium: 130.27mg (3.72%), Magnesium: 13.92mg (3.48%), Copper: 0.07mg (3.32%), Zinc: 0.49mg (3.25%), Vitamin B6: 0.06mg (3.17%), Vitamin K: 2.06µg (1.96%), Vitamin D: 0.22µg (1.47%)