



General Robert E. Lee Cake I

 Vegetarian

READY IN



120 min.

SERVINGS



4

CALORIES



1665 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 cup butter
- ☐ 6 cups confectioners' sugar sifted
- ☐ 0.5 teaspoon cream of tartar
- ☐ 1 egg yolk
- ☐ 6 egg yolks
- ☐ 8 eggs
- ☐ 2 cups flour all-purpose sifted

- ☐ 4 juice of lemon juiced
- ☐ 2 tablespoons juice of lemon
- ☐ 1.5 tablespoons lemon zest grated
- ☐ 4 tablespoons orange juice
- ☐ 3 tablespoons orange zest grated
- ☐ 0.1 teaspoon salt
- ☐ 2 cups sugar white

Equipment

- ☐ oven
- ☐ knife
- ☐ mixing bowl

Directions

- ☐ Grease and flour four 9 inch cake pans. Preheat oven to 325 degrees F (165 degrees C). Sift together flour, cream of tartar, and baking powder four times. Set aside.
- ☐ Beat 8 egg yolks with a rotary or electric beater until very thick, light, and creamy.
- ☐ Add the 2 cups sugar, a few tablespoons at a time, and continue beating until mixture is smooth and pale yellow. Stir in 1 grated lemon rind and juice of 1 lemon. Quickly fold in the flour mixture until well incorporated.
- ☐ In a large glass or metal mixing bowl, whip the 8 egg whites until peaks form. Fold 1/3 of the whites into the batter, then quickly fold in remaining whites until no streaks remain.
- ☐ Spoon into cake pans and bake for 20 to 25 minutes or until cake begins to pull away from sides of pans. Loosen edges with a knife and turn out on cake racks to cool while you prepare the filling and frosting.
- ☐ Mix 6 egg yolks with 2 cups sugar, grated rind of 2 lemons, and juice of 4 lemons. Cook over boiling water, stirring constantly, until sugar dissolves.
- ☐ Add 1/2 cup butter and continue cooking, stirring constantly, for 20 minutes or until filling is smooth and very thick. Cool, then spread between layers of cooled cake.
- ☐ To Make Lemon-Orange Frosting: Beat the 1/4 cup butter until it has the appearance of thick cream, stir in 6 cups confectioners sugar, a little at a time, and continue working until mixture

is very smooth. Beat in 1 egg yolk and 2 tablespoons lemon juice. Stir in enough orange juice to make a spreadable frosting, then add grated rind of 1 lemon and 2 grated orange rinds.

☐ Spread on sides and top of cake.

Nutrition Facts



Properties

Glycemic Index:84.77, Glycemic Load:105.6, Inflammation Score:-7, Nutrition Score:26.646956469702%

Flavonoids

Eriodictyol: 1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg Hesperetin: 7.46mg, Hesperetin: 7.46mg, Hesperetin: 7.46mg, Hesperetin: 7.46mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 1664.78kcal (83.24%), Fat: 29.29g (45.07%), Saturated Fat: 13.17g (82.33%), Carbohydrates: 335.19g (111.73%), Net Carbohydrates: 332.64g (120.96%), Sugar: 278.99g (309.98%), Cholesterol: 698.06mg (232.69%), Sodium: 469.84mg (20.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.02g (46.05%), Selenium: 67.78µg (96.84%), Vitamin B2: 0.95mg (55.99%), Folate: 216.39µg (54.1%), Vitamin B1: 0.61mg (40.87%), Phosphorus: 407.98mg (40.8%), Vitamin C: 32.03mg (38.83%), Iron: 5.76mg (31.99%), Vitamin B5: 2.69mg (26.91%), Vitamin A: 1340.25IU (26.81%), Manganese: 0.49mg (24.37%), Vitamin B12: 1.42µg (23.69%), Vitamin D: 3.46µg (23.07%), Calcium: 208.09mg (20.81%), Vitamin B3: 3.92mg (19.61%), Vitamin B6: 0.32mg (16.18%), Zinc: 2.38mg (15.89%), Vitamin E: 2.18mg (14.56%), Copper: 0.22mg (10.89%), Potassium: 379.61mg (10.85%), Fiber: 2.55g (10.21%), Magnesium: 32.03mg (8.01%), Vitamin K: 1.68µg (1.6%)