



Glazed Lemon Loaf Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



208 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 5 tablespoons butter softened
- ☐ 1 large eggs
- ☐ 2 large egg whites
- ☐ 1 tablespoon flour all-purpose
- ☐ 1.8 cups flour all-purpose
- ☐ 0.3 cup juice of lemon fresh

- ☐ 2 teaspoons lemon rind grated
- ☐ 0.1 teaspoon salt
- ☐ 1 cup sugar
- ☐ 3 tablespoons sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 8 ounce carton yogurt plain fat-free

Equipment

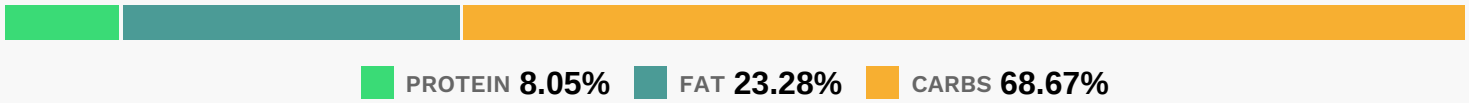
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Coat bottom and sides of an 8-inch loaf pan with cooking spray; dust with 1 tablespoon flour, discarding any excess flour. Set aside.
- ☐ Spoon 1 3/4 cups flour into dry measuring cups; level with a knife. Stir together flour, baking powder, baking soda, and salt.
- ☐ Beat butter, sugar, lemon rind, vanilla, egg, and egg whites with a mixer at medium speed until smooth.
- ☐ Add flour mixture, alternately with yogurt and beginning and ending with flour mixture; beat well after each addition.
- ☐ Pour into prepared pan, spreading evenly.
- ☐ Bake at 350 for 55 to 60 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Place cake on wire rack.

- ☐
- Stir together 3 tablespoons sugar and lemon juice. Spoon mixture over hot cake. Cool 20 minutes.
- ☐
- Remove from pan. Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:36.02, Glycemic Load:24.22, Inflammation Score:-2, Nutrition Score:4.5526087310003%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 207.98kcal (10.4%), Fat: 5.43g (8.36%), Saturated Fat: 3.18g (19.89%), Carbohydrates: 36.04g (12.01%), Net Carbohydrates: 35.48g (12.9%), Sugar: 21.37g (23.75%), Cholesterol: 28.42mg (9.47%), Sodium: 150.14mg (6.53%), Alcohol: 0.11g (100%), Alcohol %: 0.18% (100%), Protein: 4.23g (8.46%), Selenium: 9.64µg (13.77%), Vitamin B2: 0.19mg (11.04%), Vitamin B1: 0.16mg (10.71%), Folate: 40.18µg (10.05%), Phosphorus: 68.28mg (6.83%), Manganese: 0.13mg (6.68%), Calcium: 65.14mg (6.51%), Vitamin B3: 1.16mg (5.78%), Iron: 1.02mg (5.69%), Vitamin A: 170.07IU (3.4%), Vitamin C: 2.57mg (3.11%), Vitamin B5: 0.29mg (2.92%), Vitamin B12: 0.17µg (2.79%), Potassium: 91.21mg (2.61%), Zinc: 0.38mg (2.55%), Magnesium: 9.45mg (2.36%), Fiber: 0.56g (2.24%), Copper: 0.04mg (1.85%), Vitamin B6: 0.03mg (1.44%), Vitamin E: 0.2mg (1.33%)