



Glorious Sponge Cake

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



200 kcal

DESSERT

Ingredients

- 1 cup cake flour
- 0.5 teaspoon cream of tartar
- 6 eggs
- 1 teaspoon lemon extract
- 1 teaspoon lemon zest
- 0.3 teaspoon salt
- 0.3 cup water
- 1 cup sugar white

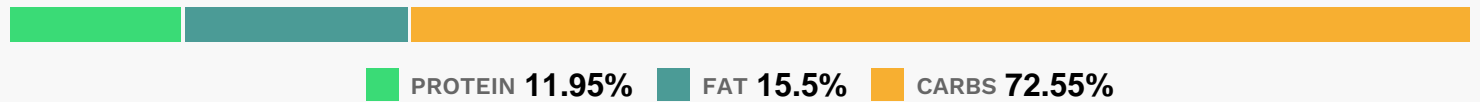
Equipment

- bowl
- frying pan
- oven
- mixing bowl

Directions

- Separate the eggs. In a large mixing bowl, beat egg yolks until very thick and lemon colored. Beat in sugar gradually.
- Add water, lemon extract and lemon rind. Beat in flour.
- In another bowl, beat egg whites until frothy. Then add cream of tartar and salt. Beat mixture until whites are stiff, but not until they are dry. Fold this whipped mixture into yolk mixture.
- Pour batter into an ungreased 9 inch tube pan.
- Bake at 325 degrees F (165 degrees C) for one hour, or until done.

Nutrition Facts



Properties

Glycemic Index:17.14, Glycemic Load:24.79, Inflammation Score:-1, Nutrition Score:4.3447825941055%

Nutrients (% of daily need)

Calories: 200.45kcal (10.02%), Fat: 3.48g (5.35%), Saturated Fat: 1.07g (6.69%), Carbohydrates: 36.63g (12.21%), Net Carbohydrates: 36.22g (13.17%), Sugar: 25.13g (27.92%), Cholesterol: 122.76mg (40.92%), Sodium: 120.58mg (5.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.03g (12.07%), Selenium: 16.49µg (23.55%), Vitamin B2: 0.17mg (9.71%), Phosphorus: 80.54mg (8.05%), Manganese: 0.13mg (6.73%), Vitamin B5: 0.58mg (5.75%), Folate: 20.7µg (5.17%), Vitamin B12: 0.29µg (4.89%), Vitamin D: 0.66µg (4.4%), Iron: 0.74mg (4.11%), Zinc: 0.56mg (3.76%), Vitamin A: 178.64IU (3.57%), Vitamin B6: 0.06mg (3.12%), Copper: 0.06mg (2.79%), Vitamin E: 0.41mg (2.73%), Potassium: 93.02mg (2.66%), Calcium: 21.69mg (2.17%), Magnesium: 7.98mg (2%), Vitamin B1: 0.03mg (1.72%), Fiber: 0.4g (1.61%)