

Greek Lemon Cake

 Popular

READY IN



45 min.

SERVINGS



10

CALORIES



506 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup butter softened
- ☐ 3 cups cake flour
- ☐ 6 eggs
- ☐ 2 tablespoons juice of lemon
- ☐ 2 teaspoons lemon zest grated
- ☐ 1 cup yogurt plain
- ☐ 0.3 teaspoon salt

☐ 2 cups sugar white

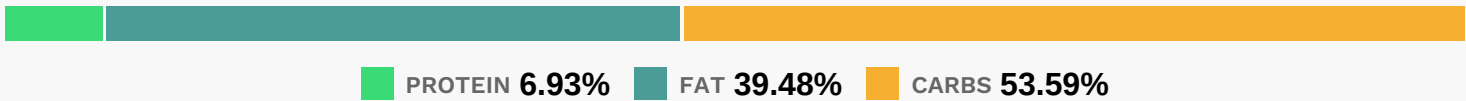
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease one 10 inch tube pan.
- ☐ Sift the flour, baking soda, and salt together. Set mixture aside.
- ☐ Separate the eggs. In a large bowl beat the egg whites until soft peaks form. Gradually add 1/2 cup of the sugar, beating until stiff glossy peaks form. Set aside.
- ☐ Cream butter or margarine, 1 1/2 cups sugar, egg yolks, lemon zest, and lemon juice together until fluffy.
- ☐ Add flour mixture alternately with the yogurt to the egg yolk mixture. Gently fold in the egg whites and pour the batter into the prepared pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 50 to 60 minutes.
- ☐ Let cake cool in pan for 10 minutes, then turn out onto a rack to finish cooling.
- ☐ Serves 1

Nutrition Facts



Properties

Glycemic Index:20.61, Glycemic Load:45.77, Inflammation Score:-4, Nutrition Score:7.0613043826559%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 505.68kcal (25.28%), Fat: 22.48g (34.58%), Saturated Fat: 13.1g (81.88%), Carbohydrates: 68.66g (22.89%), Net Carbohydrates: 67.7g (24.62%), Sugar: 41.38g (45.98%), Cholesterol: 150.2mg (50.07%), Sodium: 363.5mg (15.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.88g (17.76%), Selenium: 24.01µg (34.29%), Manganese: 0.31mg (15.37%), Vitamin A: 735.22IU (14.7%), Phosphorus: 117.66mg (11.77%), Vitamin B2: 0.19mg (11.41%), Folate: 27.83µg (6.96%), Vitamin B5: 0.69mg (6.94%), Vitamin E: 0.97mg (6.49%), Vitamin B12: 0.36µg (6.07%), Calcium: 56.65mg (5.67%), Zinc: 0.83mg (5.54%), Iron: 0.84mg (4.68%), Copper: 0.09mg (4.66%), Magnesium: 16.18mg (4.04%), Fiber: 0.95g (3.81%), Vitamin D: 0.55µg (3.68%), Potassium: 121.9mg (3.48%), Vitamin B6: 0.07mg (3.47%), Vitamin B1: 0.05mg (3.32%), Vitamin C: 1.8mg (2.18%), Vitamin B3: 0.43mg (2.14%), Vitamin K: 1.83µg (1.74%)