



Green Tea Honey Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



231 kcal

DESSERT

Ingredients

- ☐ 4 large egg yolks
- ☐ 4 large eggs
- ☐ 0.3 cup milk fat-free
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons tea powder green
- ☐ 0.3 cup honey
- ☐ 0.7 cup sugar

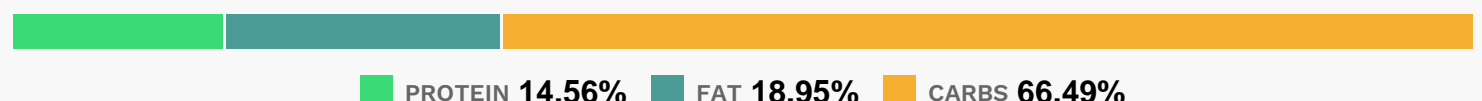
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ cake form
- ☐ wax paper
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350.
- ☐ Coat a 9-inch round cake pan with cooking spray; line bottom of pan with wax paper. Coat wax paper with cooking spray; set aside.
- ☐ Place sugar, eggs, and yolks in a large bowl; beat with a mixer at medium speed until thick and pale (about 6 minutes).
- ☐ Combine milk and honey in a small bowl; stir well with a whisk.
- ☐ Add milk mixture to egg mixture, stirring well.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Place flour in a small mixing bowl; add tea, stirring well with a whisk. Fold flour mixture into egg mixture.
- ☐ Pour batter into prepared pan.
- ☐ Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:24.98, Inflammation Score:-3, Nutrition Score:6.7630434235477%

Nutrients (% of daily need)

Calories: 231.09kcal (11.55%), Fat: 4.84g (7.45%), Saturated Fat: 1.62g (10.15%), Carbohydrates: 38.24g (12.75%), Net Carbohydrates: 37.79g (13.74%), Sugar: 26.03g (28.92%), Cholesterol: 185.11mg (61.7%), Sodium: 44.67mg (1.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.37g (16.74%), Selenium: 18.12µg (25.89%), Vitamin B2: 0.26mg (15.11%), Folate: 53.17µg (13.29%), Iron: 2.12mg (11.79%), Phosphorus: 110.87mg (11.09%), Vitamin B1: 0.15mg (10.22%), Vitamin A: 465.89IU (9.32%), Vitamin B5: 0.75mg (7.49%), Vitamin B12: 0.45µg (7.46%), Vitamin D: 1.07µg (7.14%), Manganese: 0.13mg (6.38%), Vitamin B3: 0.97mg (4.84%), Zinc: 0.7mg (4.66%), Vitamin B6: 0.09mg (4.38%), Calcium: 41.59mg (4.16%), Vitamin E: 0.49mg (3.27%), Copper: 0.05mg (2.61%), Potassium: 83.37mg (2.38%), Magnesium: 8.3mg (2.07%), Fiber: 0.44g (1.77%)