



Grilled Angel Food Cake with Lemon Curd

 Popular

READY IN



40 min.

SERVINGS



4

CALORIES



523 kcal

DESSERT

Ingredients

- ☐ 8 slices angel food cake store-bought homemade
- ☐ 5 egg yolks
- ☐ 0.8 cup granulated sugar
- ☐ 0.3 cup juice of lemon (from)
- ☐ 2 tablespoons lemon zest fine (from 2 lemons)
- ☐ 0.5 pint raspberries fresh
- ☐ 5 tablespoons butter unsalted chilled cubed

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ grill
- ☐ panini press

Directions

- ☐ Fill a medium saucepan with an inch of water and bring it to a simmer over medium high heat (if you have a double-boiler, heat an inch of water in the lower saucepan).Meanwhile, whisk together the egg yolks and sugar in a medium heat-proof bowl (or the upper saucepan of your double-boiler) until it's smooth.
- ☐ Whisk in the lemon juice and zest until the mixture is smooth.Once the water is simmering turn down the heat to low and place the bowl on top of the saucepan; the bowl should not touch the water (if you're using a double-boiler, assemble the upper and lower saucepans).
- ☐ Whisk the egg mixture continually until it thickens, about 15 minutes. It should be thick enough to coat the back of a wooden spoon.
- ☐ Remove the saucepan from the heat and stir in each cube of butter one at a time, allowing each addition to melt before adding the next.
- ☐ Transfer the curd to a bowl. If you're not ready to serve the curd immediately, press a layer of plastic wrap on the surface of the curd to prevent a skin from forming and chill it in the refrigerator until you're ready to use it.Preheat the panini grill to high heat.In batches, add the angel food cake slices to the grill. If your grill allows you to adjust the height of the upper plate: Close the lid so that the upper plate is resting on the cake without pressing it. Grill the cake slices until they're toasted with grill marks, about a minute. Alternatively, you can leave the grill open and grill the cake slices for about 90 seconds per side.
- ☐ Serve the grilled angel food cake with a few spoonfuls of lemon curd and fresh raspberries.

Nutrition Facts



 **PROTEIN 5.91%**  **FAT 34.83%**  **CARBS 59.26%**

Properties

Glycemic Index:24.02, Glycemic Load:27.01, Inflammation Score:-5, Nutrition Score:11.885652210401%

Flavonoids

Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 522.86kcal (26.14%), Fat: 20.89g (32.13%), Saturated Fat: 11.18g (69.89%), Carbohydrates: 79.96g (26.65%), Net Carbohydrates: 75.63g (27.5%), Sugar: 57.89g (64.33%), Cholesterol: 280.63mg (93.54%), Sodium: 300.23mg (13.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.97g (15.94%), Vitamin C: 27.24mg (33.01%), Selenium: 21.73µg (31.04%), Phosphorus: 241.01mg (24.1%), Manganese: 0.45mg (22.43%), Fiber: 4.34g (17.34%), Vitamin A: 784.01IU (15.68%), Vitamin B2: 0.26mg (15.4%), Folate: 57.53µg (14.38%), Vitamin E: 1.54mg (10.3%), Calcium: 100.67mg (10.07%), Vitamin D: 1.48µg (9.85%), Vitamin B5: 0.98mg (9.84%), Vitamin B12: 0.49µg (8.09%), Vitamin B1: 0.11mg (7.17%), Iron: 1.21mg (6.74%), Vitamin B6: 0.13mg (6.46%), Potassium: 220.13mg (6.29%), Copper: 0.12mg (6%), Zinc: 0.88mg (5.84%), Vitamin K: 6.05µg (5.76%), Magnesium: 20.64mg (5.16%), Vitamin B3: 0.48mg (2.42%)