

Key Lime Cake I

 Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

10

CALORIES

calories

244 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.8 cup key lime juice
- ☐ 2 teaspoons lime zest grated
- ☐ 0.3 teaspoon salt

☐ 1 cup sugar white

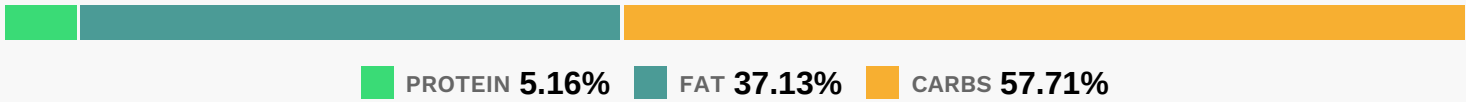
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ kugelhopf pan

Directions

- ☐ Cream together the butter or margarine and 3/4 cup sugar. Beat until light and fluffy. Separate the eggs. Beat in the egg yolks one at a time, and add the key lime zest.
- ☐ Sift together the flour, baking powder, baking soda, and salt.
- ☐ Add these dry ingredients to the egg butter mixture, alternating with 1/2 cup key lime juice.
- ☐ Beat the egg whites until stiff, and fold into the batter.
- ☐ Pour batter into a well greased 10 inch Bundt pan.
- ☐ Bake for 30 to 35 minutes at 350 degrees F (175 degrees C), or until cake tests done. Cool cake for 10 minutes in pan, and then invert onto cooling rack.
- ☐ Combine 1/4 cup sugar and 1/4 cup key lime juice. Simmer over medium low heat until a light syrup forms; this should take approximately 5 minutes. Use glaze immediately.
- ☐ Pour over still warm cake.

Nutrition Facts



Properties

Glycemic Index:31.91, Glycemic Load:24.48, Inflammation Score:-3, Nutrition Score:4.5691304025443%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.8mg, Hesperetin: 1.8mg, Hesperetin: 1.8mg, Hesperetin: 1.8mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 244.19kcal (12.21%), Fat: 10.3g (15.85%), Saturated Fat: 6.14g (38.37%), Carbohydrates: 36.03g (12.01%), Net Carbohydrates: 35.44g (12.89%), Sugar: 20.36g (22.63%), Cholesterol: 57.14mg (19.05%), Sodium: 235.52mg (10.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.44%), Selenium: 9.31µg (13.3%), Vitamin B1: 0.16mg (10.4%), Folate: 40.64µg (10.16%), Vitamin B2: 0.14mg (8.43%), Vitamin A: 340.43IU (6.81%), Vitamin C: 5.56mg (6.74%), Manganese: 0.13mg (6.73%), Iron: 1.12mg (6.23%), Vitamin B3: 1.14mg (5.72%), Phosphorus: 56.16mg (5.62%), Calcium: 48.63mg (4.86%), Vitamin E: 0.41mg (2.72%), Vitamin B5: 0.25mg (2.53%), Fiber: 0.59g (2.37%), Copper: 0.04mg (2%), Zinc: 0.27mg (1.81%), Magnesium: 7.05mg (1.76%), Potassium: 57.11mg (1.63%), Vitamin B12: 0.1µg (1.63%), Vitamin B6: 0.03mg (1.53%), Vitamin D: 0.18µg (1.17%)