



Lemon-Almond Buttermilk Loaf with Balsamic Strawberries

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



507 kcal

SIDE DISH

Ingredients

- ☐ 2.3 cups flour
- ☐ 0.3 teaspoon almond extract
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup buttermilk
- ☐ 3 large eggs
- ☐ 0.8 cup almond flour whole (from)
- ☐ 5 tablespoons juice of lemon fresh

- ☐ 1 tablespoon lemon zest grated
- ☐ 0.5 teaspoon salt
- ☐ 10 servings strawberries
- ☐ 2 cups sugar
- ☐ 0.8 cup butter unsalted room temperature ()

Equipment

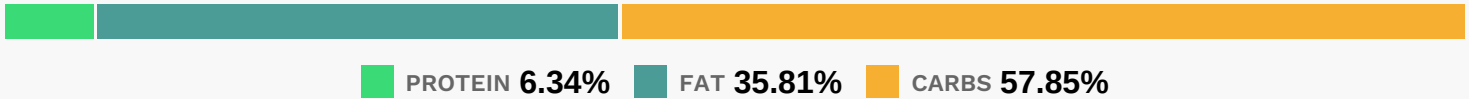
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks
- ☐ skewers

Directions

- ☐ Preheat oven to 350°F. Butter and flour 9 x 5 x 2 1/2-inch metal loaf pan. Sift flour, salt and baking soda into medium bowl. Using electric mixer, beat 1 1/2 cups sugar and butter in large bowl until well blended.
- ☐ Add eggs 1 at a time, beating well after each addition.
- ☐ Mix in almond extract.
- ☐ Add dry ingredients to egg mixture alternately with buttermilk in 3 additions each, beating until well blended after each addition.
- ☐ Add ground almonds and lemon peel and beat 1 minute.
- ☐ Transfer batter to prepared pan.
- ☐ Bake cake until deep golden brown and cracked on top and tester inserted into center comes out clean, about 1 hour 25 minutes. Cool cake in pan on rack 15 minutes.
- ☐ Meanwhile, stir remaining 1/2 cup sugar and 5 tablespoons lemon juice in small bowl until sugar dissolves.

- ☐
- Place rack on baking sheet. Turn cake out onto rack, top side up. Using skewer or toothpick, poke holes 1 to 2 inches apart all over cake.
- ☐
- Brush top and sides of cake with all of lemon glaze, allowing some glaze to soak into cake before brushing with more. Cool cake completely. (Can be prepared 1 day ahead. Cover and store at room temperature.) Slice cake.
- ☐
- Serve with Balsamic Strawberries.

Nutrition Facts



Properties

Glycemic Index:21.61, Glycemic Load:47, Inflammation Score:-7, Nutrition Score:15.37478270738%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 506.81kcal (25.34%), Fat: 20.84g (32.07%), Saturated Fat: 9.92g (62%), Carbohydrates: 75.76g (25.25%), Net Carbohydrates: 71.15g (25.87%), Sugar: 48.5g (53.89%), Cholesterol: 94.38mg (31.46%), Sodium: 215.59mg (9.37%), Alcohol: 0.03g (100%), Alcohol %: 0.02% (100%), Protein: 8.3g (16.6%), Vitamin C: 88.35mg (107.09%), Manganese: 0.76mg (37.81%), Folate: 96.07µg (24.02%), Selenium: 15.8µg (22.58%), Fiber: 4.62g (18.46%), Vitamin B1: 0.27mg (18.19%), Vitamin B2: 0.29mg (16.78%), Iron: 2.52mg (13.98%), Phosphorus: 114.7mg (11.47%), Vitamin B3: 2.26mg (11.3%), Vitamin A: 554.18IU (11.08%), Potassium: 309.16mg (8.83%), Calcium: 79.82mg (7.98%), Magnesium: 29.4mg (7.35%), Vitamin E: 1.01mg (6.75%), Copper: 0.13mg (6.62%), Vitamin B5: 0.63mg (6.32%), Vitamin B6: 0.12mg (5.85%), Vitamin D: 0.79µg (5.26%), Zinc: 0.69mg (4.57%), Vitamin K: 4.54µg (4.33%), Vitamin B12: 0.25µg

(4.09%)