



Lemon-Almond Cake with Lemon Curd Filling

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



288 kcal

DESSERT

Ingredients

- ☐ 0.3 cup blanched almonds and
- ☐ 4 large egg whites
- ☐ 4 large egg yolk
- ☐ 1 cup lemon curd
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 0.3 cup matzo meal
- ☐ 2 teaspoons matzo meal

- ☐ 2 cups raspberries fresh
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1.5 teaspoons water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ springform pan
- ☐ serrated knife

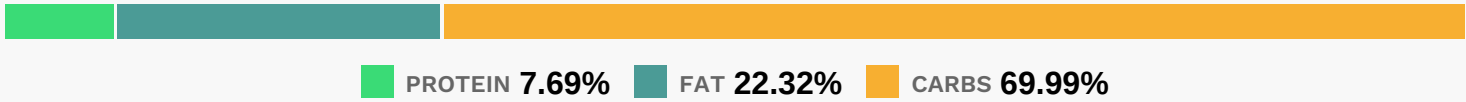
Directions

- ☐ Preheat oven to 350
- ☐ Coat a 9-inch springform pan with cooking spray. Dust pan with 2 teaspoons matzo cake meal.
- ☐ Place the egg yolks in a large bowl, and beat with a mixer at high speed for 2 minutes. Gradually add 1 cup sugar, beating until thick and pale (about 1 minute).
- ☐ Add 1/4 cup matzo cake meal, 1 1/2 teaspoons water, 1/2 teaspoon grated lemon rind, fresh lemon juice, and 1/4 teaspoon salt; beat just until blended. Fold in the almonds.
- ☐ Place egg whites in a large bowl. Using clean, dry beaters, beat egg whites with a mixer at high speed until stiff peaks form. Gently stir one-fourth of egg whites into egg yolk mixture; gently fold in remaining egg whites. Spoon batter into prepared pan.
- ☐ Bake at 350 for 35 minutes or until golden brown and set. Cool for 10 minutes in pan on a wire rack. Run a knife around edge of cake.
- ☐ Remove cake from pan. Cool completely on a wire rack. (Cake will sink in center as it cools.)
- ☐ Spread 1 cup Lemon Curd in center of cake, and top with raspberries.

- ☐
- Cut cake into wedges using a serrated knife.

☐

Nutrition Facts



Properties

Glycemic Index:12.01, Glycemic Load:17.87, Inflammation Score:-2, Nutrition Score:5.7026087615801%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 287.83kcal (14.39%), Fat: 7.29g (11.21%), Saturated Fat: 2.65g (16.57%), Carbohydrates: 51.42g (17.14%), Net Carbohydrates: 48.84g (17.76%), Sugar: 43.61g (48.45%), Cholesterol: 91.8mg (30.6%), Sodium: 190.24mg (8.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.29%), Manganese: 0.32mg (15.84%), Selenium: 10.47µg (14.95%), Vitamin B2: 0.18mg (10.46%), Fiber: 2.58g (10.31%), Vitamin C: 8.26mg (10.02%), Vitamin E: 1.41mg (9.42%), Phosphorus: 68.17mg (6.82%), Folate: 22.38µg (5.59%), Magnesium: 20.78mg (5.19%), Iron: 0.77mg (4.29%), Vitamin B5: 0.42mg (4.23%), Copper: 0.08mg (4.15%), Vitamin B1: 0.05mg (3.64%), Potassium: 114.84mg (3.28%), Zinc: 0.48mg (3.23%), Vitamin D: 0.46µg (3.06%), Vitamin B12: 0.18µg (3.01%), Calcium: 30.1mg (3.01%), Vitamin B6: 0.06mg (2.93%), Vitamin B3: 0.55mg (2.77%), Vitamin A: 132.84IU (2.66%), Vitamin K: 2.42µg (2.3%)