



Lemon-Almond Cake with Macerated Strawberries

 Vegetarian

READY IN



60 min.

SERVINGS



10

CALORIES



258 kcal

DESSERT

Ingredients

- 2 teaspoons almond extract pure
- 0.5 cup almond flour
- 0.8 teaspoon baking soda
- 1 cup buttermilk
- 1 teaspoon coarse salt
- 3 large eggs at room temperature
- 1.5 cups flour all-purpose

- 1 tablespoon granulated sugar as needed
- 1 teaspoon juice of lemon freshly squeezed (from 1 lemon)
- 1 lemon zest grated
- 8 tablespoons olive oil extra virgin extra-virgin
- 1 pint strawberries fresh hulled thinly sliced

Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- wire rack
- cake form

Directions

- Place the oven rack in the lower third of the oven. Preheat the oven to 350°F. Coat the bottom and sides of a 9 by 2-inch cake pan with softened butter. Line the bottom with a parchment round. Coat the parchment and the sides of the pan again with softened butter; set aside.
- To make the cake: In a large bowl, whisk together the all-purpose flour, almond flour, salt, and baking soda; set aside.
- In a medium bowl, whisk together the sugar and eggs.
- Whisk in the buttermilk, olive oil, almond extract, and lemon zest and juice.
- Add the buttermilk mixture to the flour mixture and whisk until the flours have been absorbed.
- Scrape the batter into the prepared pan.
- Place on a baking sheet and bake, rotating the sheet about two-thirds of the way through the baking time, until a tester inserted into the center of the cake comes out clean, 40 to 45 minutes.

- Transfer to a wire rack and let cool for 10 minutes. Turn the cake out of the pan, then invert so that the rounded side is up.
- Let cool completely.
- To macerate the strawberries: In a small bowl, combine the sliced strawberries with the sugar and lemon juice. Chill for 2 hours, stirring every now and then. After about 1 hour, taste the berries, and if they are not sweet enough, add another teaspoon of sugar.
- Sift the confectioner's sugar over the top of the cooled cake.
- Cut into wedges and serve with a spoonful of the strawberries.

Nutrition Facts

PROTEIN 9.39% **FAT 57.09%** **CARBS 33.52%**

Properties

Glycemic Index:21.61, Glycemic Load:12.63, Inflammation Score:-4, Nutrition Score:8.5995652053667%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.76mg, Pelargonidin: 11.76mg, Pelargonidin: 11.76mg, Pelargonidin: 11.76mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 257.69kcal (12.88%), Fat: 16.53g (25.42%), Saturated Fat: 2.7g (16.9%), Carbohydrates: 21.84g (7.28%), Net Carbohydrates: 19.72g (7.17%), Sugar: 5.12g (5.69%), Cholesterol: 58.44mg (19.48%), Sodium: 362.33mg (15.75%), Alcohol: 0.28g (100%), Alcohol %: 0.28% (100%), Protein: 6.11g (12.23%), Vitamin C: 28.79mg (34.9%), Selenium: 12.05µg (17.22%), Manganese: 0.32mg (15.91%), Folate: 54.1µg (13.52%), Vitamin E: 1.94mg (12.92%), Vitamin B2:

0.21mg (12.61%), Vitamin B1: 0.18mg (11.76%), Iron: 1.62mg (8.98%), Fiber: 2.11g (8.45%), Phosphorus: 81.87mg (8.19%), Vitamin K: 7.96µg (7.58%), Vitamin B3: 1.33mg (6.64%), Calcium: 59.33mg (5.93%), Vitamin B5: 0.47mg (4.65%), Potassium: 148.4mg (4.24%), Vitamin D: 0.61µg (4.08%), Vitamin B12: 0.24µg (4.07%), Magnesium: 14.7mg (3.67%), Copper: 0.07mg (3.4%), Vitamin B6: 0.07mg (3.3%), Zinc: 0.49mg (3.24%), Vitamin A: 126.61IU (2.53%)