



## Lemon Bundt Cake

READY IN



120 min.

SERVINGS



40

CALORIES



178 kcal

DESSERT

## Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 1 tablespoon double-acting baking powder
- ☐ 1.5 cups cake flour
- ☐ 0.5 cup canola oil
- ☐ 1 cup powdered sugar
- ☐ 1 tablespoon rum dark
- ☐ 3 tablespoons rum dark
- ☐ 3 large egg yolk (large)
- ☐ 3 large eggs (large)

- ☐ 1.5 cups flour for dusting all-purpose plus more
- ☐ 0.8 cup cup heavy whipping cream
- ☐ 2 tablespoons lemon extract pure (see Note)
- ☐ 0.3 cup juice of lemon freshly squeezed
- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 0.3 cup lemon zest packed finely grated (lightly ; from 10 lemons)
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 2.8 cups sugar
- ☐ 2 sticks butter unsalted cooled melted

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ toothpicks
- ☐ spatula
- ☐ skewers
- ☐ kugelhkopf pan

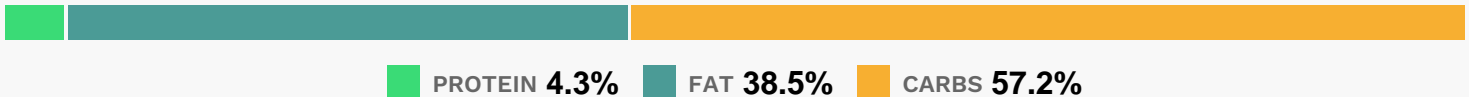
## Directions

- ☐ Preheat the oven to 35
- ☐ Generously coat a 10-inch Bundt pan with nonstick cooking spray and dust the pan with all-purpose flour. Sift the 1 1/2 cups of all-purpose flour and cake flour into a medium bowl, along

with the baking powder and salt.

- ☐ In the bowl of a standing mixer fitted with the paddle, use your fingers to rub the sugar with the lemon zest until the sugar resembles pale yellow wet sand.
- ☐ Add the canola oil and cooled butter and beat at medium speed until blended, about 1 minute. Beat in the whole eggs, egg yolks, rum and lemon extract until just incorporated, about 1 minute. Reduce the speed to low and beat in the heavy cream and the dry ingredients in 3 alternating batches, starting and ending with the dry ingredients; be sure not to overbeat. Scrape down the side of the bowl and fold the batter until it is blended.
- ☐ Scrape the batter into the prepared pan and use a spatula to smooth the surface.
- ☐ Bake in the middle of the oven for about 1 hour, rotating the pan halfway through, until a toothpick inserted in the center of the cake comes out clean.
- ☐ Let the cake cool on a rack for 30 minutes.
- ☐ In a small saucepan, combine the sugar with the lemon juice and rum and bring to a boil. Simmer over moderate heat, stirring, until the sugar dissolves, about 3 minutes.
- ☐ Let the lemon syrup cool slightly.
- ☐ Invert the cake onto a wire rack set over a baking sheet. Using a wooden skewer, poke holes evenly all over the cake and brush with the lemon syrup.
- ☐ Let the cake cool completely.
- ☐ In a medium bowl, whisk the confectioners' sugar with the lemon juice and almond extract until smooth.
- ☐ Pour the glaze over the top of the cake, letting it drip down the sides.
- ☐ Sprinkle the almonds on top and let the glaze set, about 20 minutes.
- ☐ Cut the cake into wedges and serve.

## Nutrition Facts



## Properties

Glycemic Index:10.1, Glycemic Load:15.34, Inflammation Score:-2, Nutrition Score:2.3530434629192%

## Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 178.29kcal (8.91%), Fat: 7.63g (11.74%), Saturated Fat: 4.23g (26.43%), Carbohydrates: 25.49g (8.5%), Net Carbohydrates: 25.16g (9.15%), Sugar: 18.19g (20.21%), Cholesterol: 44.91mg (14.97%), Sodium: 98.19mg (4.27%), Alcohol: 0.54g (100%), Alcohol %: 1.33% (100%), Protein: 1.92g (3.83%), Selenium: 5.62µg (8.03%), Vitamin A: 246.06IU (4.92%), Vitamin B2: 0.06mg (3.81%), Folate: 14.66µg (3.66%), Manganese: 0.07mg (3.64%), Phosphorus: 32.87mg (3.29%), Vitamin B1: 0.05mg (3.11%), Calcium: 28.52mg (2.85%), Vitamin E: 0.37mg (2.46%), Vitamin C: 1.94mg (2.35%), Iron: 0.42mg (2.32%), Vitamin D: 0.3µg (2%), Vitamin B3: 0.34mg (1.69%), Vitamin B5: 0.16mg (1.6%), Fiber: 0.33g (1.33%), Vitamin B12: 0.08µg (1.25%), Copper: 0.02mg (1.16%), Zinc: 0.17mg (1.15%)