



## Lemon Cake

 Vegetarian

READY IN



90 min.

SERVINGS



12

CALORIES



530 kcal

DESSERT

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.8 cup buttermilk at room temperature
- 2 cups confectioners' sugar sifted
- 4 extra large eggs at room temperature
- 3 cups flour
- 2.5 cups granulated sugar divided
- 1 teaspoon kosher salt

- 0.8 cup juice of lemon divided freshly squeezed
- 3.5 tablespoons juice of lemon freshly squeezed
- 0.3 cup lemon zest grated (6 to 8 large lemons)
- 0.5 pound butter unsalted at room temperature (2 sticks)
- 1 teaspoon vanilla extract pure

## Equipment

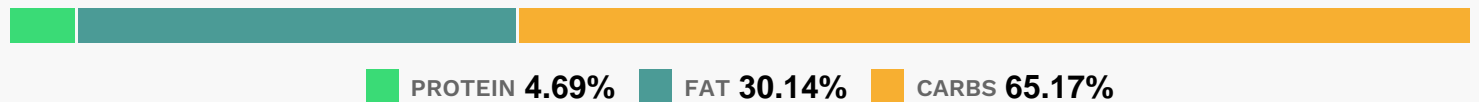
- bowl
- frying pan
- sauce pan
- baking paper
- oven
- whisk
- blender
- loaf pan
- hand mixer

## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F. Grease and flour 2 (8 1/2 by 4 1/4 by 2 1/2-inch) loaf pans. You may also line the bottom with parchment paper, if desired.
- Cream the butter and 2 cups granulated sugar in the bowl of an electric mixer fitted with the paddle attachment, until light and fluffy, about 5 minutes. With the mixer on medium speed, add the eggs, 1 at a time, and the lemon zest.
- Sift together the flour, baking powder, baking soda, and salt in a bowl. In another bowl, combine 1/4 cup lemon juice, the buttermilk, and vanilla.
- Add the flour and buttermilk mixtures alternately to the batter, beginning and ending with the flour. Divide the batter evenly between the pans, smooth the tops, and bake for 45 minutes to 1 hour, until a cake tester comes out clean.

- Combine 1/2 cup granulated sugar with 1/2 cup lemon juice in a small saucepan and cook over low heat until the sugar dissolves. When the cakes are done, allow to cool for 10 minutes.
- Remove the cakes from the pans and set them on a rack set over a tray or sheet pan; spoon the lemon syrup over them. Allow the cakes to cool completely.
- For the glaze, combine the confectioners' sugar and the lemon juice in a bowl, mixing with a wire whisk until smooth.
- Pour over the tops of the cakes and allow the glaze to drizzle down the sides.

## Nutrition Facts



### Properties

Glycemic Index:22.34, Glycemic Load:46.61, Inflammation Score:-5, Nutrition Score:8.361304252044%

### Flavonoids

Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 2.84mg, Hesperetin: 2.84mg, Hesperetin: 2.84mg, Hesperetin: 2.84mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

### Nutrients (% of daily need)

Calories: 530.09kcal (26.5%), Fat: 18.1g (27.84%), Saturated Fat: 10.64g (66.47%), Carbohydrates: 88.05g (29.35%), Net Carbohydrates: 86.87g (31.59%), Sugar: 62.69g (69.65%), Cholesterol: 111.72mg (37.24%), Sodium: 303.22mg (13.18%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 6.33g (12.66%), Selenium: 17.48µg (24.97%), Folate: 71.55µg (17.89%), Vitamin B1: 0.27mg (17.81%), Vitamin B2: 0.29mg (17%), Vitamin C: 11.03mg (13.38%), Vitamin A: 600.36IU (12.01%), Manganese: 0.23mg (11.29%), Iron: 1.88mg (10.42%), Vitamin B3: 1.91mg (9.55%), Phosphorus: 93.56mg (9.36%), Vitamin D: 0.85µg (5.68%), Vitamin B5: 0.54mg (5.35%), Calcium: 52.24mg (5.22%), Fiber: 1.19g (4.74%), Vitamin E: 0.7mg (4.67%), Vitamin B12: 0.27µg (4.45%), Copper: 0.08mg (3.78%), Zinc: 0.56mg (3.71%), Vitamin B6: 0.07mg (3.26%), Magnesium: 12.66mg (3.17%), Potassium: 110.26mg (3.15%), Vitamin K: 1.52µg (1.45%)