



Lemon Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



380 kcal

DESSERT

Ingredients

- 1 cup butter unsalted plus more for pans room temperature (2 sticks)
- 2.5 cups flour all-purpose plus more for pans (spooned and leveled)
- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 teaspoon salt
- 1 tablespoon lemon zest
- 2 cups sugar
- 2 large egg yolk

- 0.3 cup juice of lemon fresh
- 1 cup buttermilk low-fat
- 1 optional: lemon seeded thinly sliced

Equipment

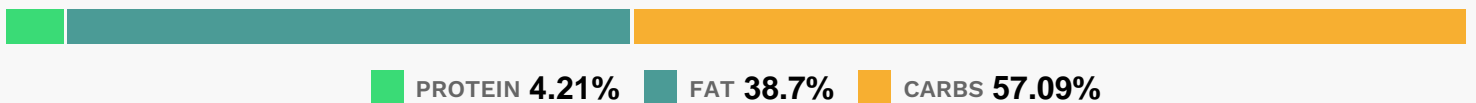
- bowl
- sauce pan
- oven
- knife
- whisk
- wire rack
- blender
- hand mixer
- toothpicks
- slotted spoon

Directions

- Preheat oven to 350 degrees. Butter and flour two 8-by-2-inch cake pans, tapping out excess flour. In a medium bowl, whisk flour, baking powder, baking soda, salt, and lemon zest.
- Julia Hartbeck
- In a large bowl, using an electric mixer, beat butter and 1 1/2 cups sugar until light and fluffy.
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- With mixer on low, beat in eggs and yolks, one at a time. Beat in 2 tablespoons lemon juice. Alternately beat in flour mixture and buttermilk beginning and ending with flour mixture; mix just until combined.
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- Divide batter between cake pans; smooth tops.
- Bake until cakes pull away from sides of pans, 32 to 35 minutes.
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- Let cool in pans 10 minutes. Run a knife around edges of pans and invert cakes onto a wire rack.
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- While cakes are baking, bring remaining 1/2 cup sugar and 1/2 cup water to a boil in a saucepan.
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- Add the lemon slices and simmer for 25 minutes.
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- Using a slotted spoon, transfer lemon slices to a waxed-paper-lined plate.
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- Stir remaining 1/4 cup fresh lemon juice into syrup.
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- Using a toothpick, poke holes in warm cakes on rack.
- Brush with lemon syrup.
- Let cool completely.
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- Prepare Whipped Frosting, substituting 2 tablespoons fresh lemon juice for vanilla extract. Frost cooled cakes and top with the candied lemon slices.
- Julia Hartbeck

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:37.84, Inflammation Score:-4, Nutrition Score:6.140434778255%

Flavonoids

Eriodictyol: 2.17mg, Eriodictyol: 2.17mg, Eriodictyol: 2.17mg, Eriodictyol: 2.17mg Hesperetin: 3.25mg, Hesperetin: 3.25mg, Hesperetin: 3.25mg, Hesperetin: 3.25mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 379.93kcal (19%), Fat: 16.71g (25.71%), Saturated Fat: 10.17g (63.54%), Carbohydrates: 55.46g (18.49%), Net Carbohydrates: 54.44g (19.79%), Sugar: 34.7g (38.55%), Cholesterol: 72.07mg (24.02%), Sodium: 291.21mg (12.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.18%), Selenium: 11.25µg (16.07%), Vitamin B1: 0.22mg (14.82%), Folate: 55.43µg (13.86%), Vitamin B2: 0.19mg (11.18%), Vitamin A: 525.52IU (10.51%), Manganese: 0.19mg (9.27%), Vitamin C: 7.58mg (9.19%), Vitamin B3: 1.57mg (7.87%), Iron: 1.4mg (7.77%), Phosphorus: 67.07mg (6.71%), Calcium: 48.86mg (4.89%), Fiber: 1.02g (4.09%), Vitamin E: 0.56mg (3.73%), Vitamin B5: 0.3mg (3%), Vitamin D: 0.44µg (2.91%), Copper: 0.05mg (2.6%), Potassium: 84.89mg (2.43%), Zinc: 0.36mg (2.41%), Magnesium: 9.6mg (2.4%), Vitamin B12: 0.13µg (2.19%), Vitamin B6: 0.04mg (1.96%), Vitamin K: 1.44µg (1.37%)