



## Lemon Cake with Irish Breakfast Tea Frosting

 Dairy Free

READY IN



85 min.

SERVINGS



20

CALORIES



136 kcal

DESSERT

### Ingredients

- 1 box lemon cake mix yellow
- 1 tablespoon lemon zest grated
- 0.5 cup water
- 2 ginger tea bags
- 1 cup sugar
- 0.3 teaspoon cream of tartar
- 0.1 teaspoon salt
- 2 large egg whites

- 1 slices optional: lemon

## Equipment

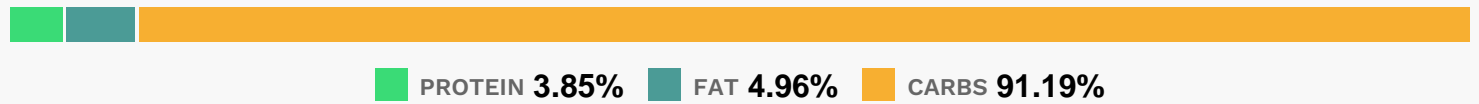
- bowl
- frying pan
- sauce pan
- oven
- wire rack
- hand mixer
- toothpicks
- cake form
- microwave
- muffin liners
- measuring cup
- candy thermometer

## Directions

- Heat oven to 350°F (325°F for dark or nonstick pans). Grease bottom only of one 8- or 9-inch round cake pan with shortening (do not use cooking spray).
- Place paper baking cup in each of 12 regular-size muffin cups.
- Make cake batter as directed on box; stir in lemon peel. Fill muffin cups two-thirds full of batter; pour remaining batter into pan.
- Bake round pan 28 to 33 minutes, cupcakes 15 to 20 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans to cooling rack. Cool completely, about 30 minutes.
- Meanwhile, place 1/2 cup water in microwavable 1-cup glass measuring cup. Microwave uncovered on High 1 minute to 1 minute 30 seconds or until hot.
- Add tea bags; steep 6 to 7 minutes for strong brewed tea.
- Remove and discard tea bags.
- Meanwhile, in 2-quart saucepan, mix sugar, cream of tartar, brewed tea and salt.

- Heat to boiling over medium-high heat. Boil 3 to 5 minutes to 242°F on candy thermometer.
- In large bowl, beat egg whites with electric mixer on high speed until foamy and thick (they should mound but not peak). Slowly pour in boiling sugar syrup in a slow stream. Continue to beat on high speed about 7 minutes or until stiff peaks form.
- Cut cake layer in half horizontally to make 2 thin cake layers.
- Place one layer on serving plate.
- Spread with about 3/4 cup of the frosting. Top with remaining cake layer; spread with about 3/4 cup of the frosting. Frost cupcakes with remaining frosting.
- Garnish with lemon slices.

## Nutrition Facts



### Properties

Glycemic Index:4.78, Glycemic Load:6.99, Inflammation Score:-1, Nutrition Score:2.056956494632%

### Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

### Nutrients (% of daily need)

Calories: 135.68kcal (6.78%), Fat: 0.76g (1.17%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 31.39g (10.46%), Net Carbohydrates: 31.04g (11.29%), Sugar: 21.22g (23.57%), Cholesterol: 0mg (0%), Sodium: 208.64mg (9.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.65%), Phosphorus: 80.72mg (8.07%), Calcium: 55.56mg (5.56%), Vitamin B2: 0.08mg (4.49%), Folate: 17.79µg (4.45%), Vitamin B1: 0.06mg (4.01%), Iron: 0.55mg (3.06%), Vitamin B3: 0.6mg (3.02%), Manganese: 0.05mg (2.52%), Selenium: 1.5µg (2.14%), Vitamin E: 0.24mg (1.59%), Fiber: 0.35g (1.41%), Copper: 0.02mg (1.08%), Vitamin B6: 0.02mg (1.04%), Vitamin B5: 0.1mg (1.02%)