



Lemon Cakes

 Vegetarian

READY IN



85 min.

SERVINGS



16

CALORIES



398 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
- 4 extra large eggs at room temperature
- 3 cups flour all-purpose
- 2.5 cups granulated sugar divided
- 1 teaspoon kosher salt

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

Equipment

- bowl
- sauce pan
- oven
- whisk
- blender
- plastic wrap
- loaf pan
- hand mixer

Directions

- 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.
- Cream the butter and 2 cups granulated sugar in the bowl of an electric mixer fitted with the paddle attachment, the key to great cakes is beating the butter and sugar until the mixture's until light and fluffy, about 5 minutes. With the mixer on medium speed add the eggs, (break the eggs into a dish before adding to the batter to avoid a bad egg or shells in the batter) 1 at a time, and the lemon zest. Sift together the flour, to make sure there are no lumps, baking powder, baking soda, and salt in a bowl. Separately, combine 1/4 cup lemon juice, the buttermilk, and vanilla.
- Add the flour and buttermilk mixtures alternately, beginning and ending with the flour. Divide evenly between the pans, smooth the tops, and bake for 45 minutes to 1 hour, until a cake tester comes out clean.
- Cook 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, cool for 10 minutes, invert them onto a rack set over a tray and spoon the lemon syrup over the cakes. 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.
- To freeze these cakes, prepare them except the glaze. Wrap them well in plastic wrap and freeze. When you're ready to use, defrost and glaze.

Nutrition Facts

PROTEIN 4.67% **FAT 30.14%** **CARBS 65.19%**

Properties

Glycemic Index:16.76, Glycemic Load:34.96, Inflammation Score:-4, Nutrition Score:6.1952173658039%

Flavonoids

Eriodictyol: 0.97mg, Eriodictyol: 0.97mg, Eriodictyol: 0.97mg, Eriodictyol: 0.97mg Hesperetin: 2.87mg, Hesperetin: 2.87mg, Hesperetin: 2.87mg, Hesperetin: 2.87mg 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: 397.75kcal (19.89%), Fat: 13.58g (20.89%), Saturated Fat: 7.98g (49.86%), Carbohydrates: 66.07g (22.02%), Net Carbohydrates: 65.38g (23.77%), Sugar: 47.06g (52.29%), Cholesterol: 83.79mg (27.93%), Sodium: 227.35mg (9.88%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 4.74g (9.47%), Selenium: 13.1µg (18.71%), Folate: 54.42µg (13.6%), Vitamin B1: 0.2mg (13.36%), Vitamin B2: 0.22mg (12.7%), Vitamin C: 7.66mg (9.29%), Vitamin A: 449.58IU (8.99%), Manganese: 0.17mg (8.5%), Iron: 1.39mg (7.75%), Vitamin B3: 1.43mg (7.15%), Phosphorus: 70.33mg (7.03%), Vitamin D: 0.64µg (4.26%), Vitamin B5: 0.4mg (4.02%), Calcium: 36.81mg (3.68%), Vitamin E: 0.53mg (3.52%), Vitamin B12: 0.2µg (3.34%), Copper: 0.06mg (2.78%), Zinc: 0.42mg (2.77%), Fiber: 0.69g (2.77%), Potassium: 84.73mg (2.42%), Vitamin B6: 0.05mg (2.39%), Magnesium: 9.5mg (2.38%), Vitamin K: 1.14µg (1.08%)