



Lemon Cakes with Basil Lemon Syrup



Vegetarian



Gluten Free

READY IN



120 min.

SERVINGS



8

CALORIES



354 kcal

DESSERT

Ingredients

- ☐ 8 large basil sprigs fresh
- ☐ 8 servings garnish: basil leaves fresh
- ☐ 3 large eggs separated for 30 minutes at room temperature
- ☐ 1 cup heavy cream chilled
- ☐ 0.5 cup juice of lemon fresh
- ☐ 1 inch lemon zest fresh
- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups sugar

- ☐ 0.5 cup butter unsalted melted softened
- ☐ 1.5 cups water

Equipment

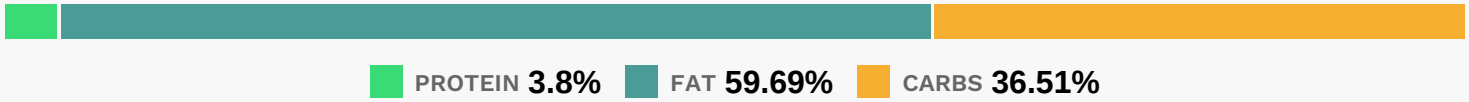
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ hand mixer
- ☐ skewers
- ☐ muffin liners

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F. Lightly brush 8 muffin cups with some of melted butter and chill 2 minutes, then butter again and chill 1 minute more. Dust cups with matzo cake flour, knocking out excess.
- ☐ Beat together softened butter, 2/3 cup sugar, and 1/8 teaspoon salt in a large bowl with an electric mixer at medium-high speed until pale and fluffy, then add egg yolks, 1 at a time, beating until well blended. Beat in lemon juice and 2 teaspoons zest until combined.
- ☐ Add flour and mix at low speed until just combined.
- ☐ Beat whites with remaining 1/8 teaspoon salt in another bowl with cleaned beaters until they hold soft peaks.
- ☐ Add 2 tablespoons sugar, a little at a time, beating, then beat until whites just hold stiff peaks. Stir one fourth of whites into yolk mixture to lighten, then fold in remaining whites gently but thoroughly. Spoon batter into 8 prepared muffin cups.
- ☐ Blend remaining 2 tablespoons sugar and 1 teaspoon zest with your fingertips and sprinkle over batter, then bake until cakes are puffed, edges are golden, and a wooden pick or skewer inserted in center of cake comes out clean, 20 to 25 minutes. Cool cakes in pan on a rack 15 minutes, then lift out cakes carefully (tops will break easily) and cool completely on rack.
- ☐ Bring all syrup ingredients to a boil, covered, in a 3-quart heavy saucepan over moderate heat, stirring occasionally, then remove lid and boil 10 minutes.

- ☐
- Pour syrup through a sieve into a bowl, pressing on and then discarding solids. Cool to room temperature.
- ☐
- Beat cream in a bowl with cleaned beaters until it just holds stiff peaks.
- ☐
- Spoon 1/4 cup syrup into each of 8 shallow bowls and top with cakes. Spoon whipped cream on top of cakes.

Nutrition Facts



Properties

Glycemic Index:26.26, Glycemic Load:21.83, Inflammation Score:-5, Nutrition Score:4.8686956983546%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 354.06kcal (17.7%), Fat: 24.18g (37.21%), Saturated Fat: 14.72g (92.03%), Carbohydrates: 33.28g (11.09%), Net Carbohydrates: 33.16g (12.06%), Sugar: 32.54g (36.15%), Cholesterol: 133.87mg (44.62%), Sodium: 111.69mg (4.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Vitamin A: 1020.79IU (20.42%), Vitamin K: 11.96µg (11.39%), Selenium: 7µg (10%), Vitamin B2: 0.16mg (9.22%), Vitamin C: 6.92mg (8.39%), Vitamin D: 1.06µg (7.09%), Phosphorus: 60.39mg (6.04%), Vitamin E: 0.84mg (5.62%), Calcium: 40.82mg (4.08%), Vitamin B5: 0.4mg (4.05%), Vitamin B12: 0.24µg (3.98%), Folate: 15.15µg (3.79%), Vitamin B6: 0.05mg (2.7%), Iron: 0.47mg (2.6%), Zinc: 0.36mg (2.41%), Potassium: 81.48mg (2.33%), Copper: 0.04mg (2.02%), Magnesium: 7.56mg (1.89%), Manganese: 0.04mg (1.85%), Vitamin B1: 0.02mg (1.26%)