



Lemon Chiffon Cake

 Dairy Free

READY IN



215 min.

SERVINGS



16

CALORIES



269 kcal

DESSERT

Ingredients

- ☐ 3 teaspoons double-acting baking powder
- ☐ 0.3 cup butter
- ☐ 0.5 teaspoon cream of tartar
- ☐ 1 cup egg whites (8 eggs)
- ☐ 7 egg yolk
- ☐ 2 cups flour all-purpose gold medal®
- ☐ 1.5 cups granulated sugar
- ☐ 2 tablespoons juice of lemon hot

- ☐ 0.5 teaspoon lemon zest grated
- ☐ 2 cups powdered sugar
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons vanilla
- ☐ 0.5 cup vegetable oil
- ☐ 0.8 cup water cold

Equipment

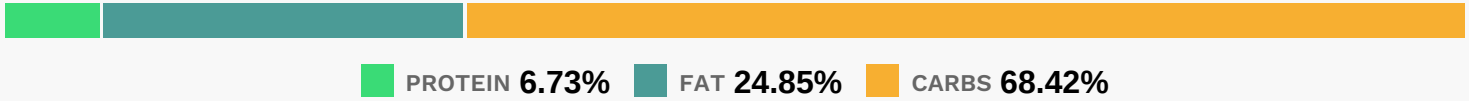
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ cake form
- ☐ spatula
- ☐ funnel

Directions

- ☐ Move oven rack to lowest position.
- ☐ Heat oven to 325°F. In large bowl, mix flour, sugar, baking powder and salt. Beat in cold water, oil, vanilla, lemon peel and egg yolks until smooth.
- ☐ In large bowl, beat egg whites and cream of tartar with electric mixer on high speed until stiff peaks form. Gradually pour egg yolk mixture over beaten egg whites, folding with rubber spatula just until blended.
- ☐ Pour into ungreased 10-inch angel food (tube) cake pan.
- ☐ Bake about 1 hour 15 minutes or until top springs back when touched lightly. Immediately turn pan upside down onto heatproof funnel or bottle.
- ☐ Let hang until completely cool, about 2 hours. Loosen side of cake with knife or long, metal spatula; remove from pan.

- ☐ In 1 1/2-quart saucepan, melt butter over low heat; remove from heat. Stir in powdered sugar and lemon peel until smooth. Stir in lemon juice, 1 tablespoon at a time, until smooth and consistency of thick syrup.
- ☐ Spread glaze over top of cake, allowing some to drizzle down side.

Nutrition Facts



Properties

Glycemic Index:14.82, Glycemic Load:21.91, Inflammation Score:-2, Nutrition Score:4.8273912927379%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 269.24kcal (13.46%), Fat: 7.5g (11.54%), Saturated Fat: 1.77g (11.09%), Carbohydrates: 46.47g (15.49%), Net Carbohydrates: 46.04g (16.74%), Sugar: 33.69g (37.43%), Cholesterol: 85.05mg (28.35%), Sodium: 299.9mg (13.04%), Alcohol: 0.17g (100%), Alcohol %: 0.22% (100%), Protein: 4.57g (9.14%), Selenium: 12.95µg (18.5%), Vitamin B2: 0.19mg (11.44%), Folate: 41.13µg (10.28%), Vitamin B1: 0.14mg (9.21%), Phosphorus: 67.58mg (6.76%), Calcium: 60.07mg (6.01%), Iron: 1.06mg (5.89%), Manganese: 0.12mg (5.8%), Vitamin A: 282.86IU (5.66%), Vitamin B3: 0.95mg (4.73%), Vitamin B5: 0.34mg (3.4%), Vitamin E: 0.47mg (3.16%), Vitamin B12: 0.17µg (2.87%), Vitamin D: 0.43µg (2.83%), Vitamin K: 2.61µg (2.48%), Potassium: 71.14mg (2.03%), Zinc: 0.3mg (2.01%), Copper: 0.04mg (1.86%), Vitamin B6: 0.04mg (1.84%), Fiber: 0.44g (1.74%), Magnesium: 6.14mg (1.54%)