



Lemon Chiffon Cake with Fresh-Fruit Compote

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



202 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup blackberries
- ☐ 0.3 cup brandy
- ☐ 1 cup cake flour sifted
- ☐ 0.3 teaspoon cream of tartar
- ☐ 6 large egg whites at room temperature ()
- ☐ 2 large egg yolks
- ☐ 0.5 cup granulated sugar

- ☐ 1 teaspoon granulated sugar
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon lemon rind grated
- ☐ 1 tablespoon powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 cup strawberries sliced
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons vegetable oil

Equipment

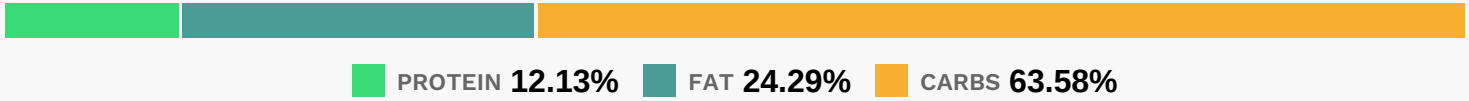
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ spatula

Directions

- ☐ Preheat oven to 350
- ☐ Combine first 4 ingredients in a large bowl; stir well.
- ☐ Add oil, lemon rind, lemon juice, vanilla, and egg yolks; beat mixture at medium speed of a mixer until smooth. Beat egg whites and cream of tartar at high speed of a mixer until stiff peaks form using clean, dry beaters. Gently stir one-fourth of egg white mixture into batter; gently fold in remaining egg white mixture. Spoon batter into an ungreased 10-inch tube pan, spreading evenly; break air pockets by cutting through batter with a knife.
- ☐ Bake at 350 for 25 minutes or until cake springs back when lightly touched. Invert pan; let cool for 40 minutes.
- ☐ Combine berries, brandy, and 1 teaspoon granulated sugar in a medium bowl; stir gently.
- ☐ Let stand at room temperature for 30 minutes.

- ☐
- Loosen cake from sides of pan using a narrow metal spatula. Invert cake onto a plate, and sprinkle with powdered sugar.
- ☐
- Cut cake into 8 slices, and serve with fruit compote.

Nutrition Facts



Properties

Glycemic Index:47.4, Glycemic Load:17.15, Inflammation Score:-3, Nutrition Score:5.9352173960727%

Flavonoids

Cyanidin: 18.29mg, Cyanidin: 18.29mg, Cyanidin: 18.29mg, Cyanidin: 18.29mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.55mg, Pelargonidin: 4.55mg, Pelargonidin: 4.55mg, Pelargonidin: 4.55mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 7.23mg, Catechin: 7.23mg, Catechin: 7.23mg, Catechin: 7.23mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 201.76kcal (10.09%), Fat: 5.03g (7.74%), Saturated Fat: 0.97g (6.07%), Carbohydrates: 29.63g (9.88%), Net Carbohydrates: 27.84g (10.12%), Sugar: 16.25g (18.05%), Cholesterol: 45.9mg (15.3%), Sodium: 169.91mg (7.39%), Alcohol: 2.68g (100%), Alcohol %: 2.95% (100%), Protein: 5.65g (11.31%), Vitamin C: 18.28mg (22.16%), Selenium: 13.78µg (19.68%), Manganese: 0.32mg (15.95%), Vitamin K: 10.29µg (9.8%), Vitamin B2: 0.15mg (9.08%), Fiber: 1.79g (7.17%), Folate: 22.79µg (5.7%), Phosphorus: 55.71mg (5.57%), Calcium: 48.75mg (4.87%), Vitamin E: 0.73mg (4.84%), Potassium: 143.11mg (4.09%), Copper: 0.08mg (4.04%), Magnesium: 13.55mg (3.39%), Vitamin B5: 0.33mg (3.27%), Iron: 0.54mg (3.03%), Zinc: 0.37mg (2.47%), Vitamin B1: 0.03mg (2.11%), Vitamin A: 103.11IU (2.06%), Vitamin B6: 0.04mg (2.04%), Vitamin B3: 0.38mg (1.91%), Vitamin B12: 0.11µg (1.75%), Vitamin D: 0.23µg (1.53%)