



Lemon Cornmeal Cake with Lemon Glaze and Crushed-Blueberry Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



329 kcal

DESSERT

Ingredients

- ☐ 1.5 cups all purpose flour
- ☐ 3.5 teaspoons double-acting baking powder
- ☐ 1 cup buttermilk
- ☐ 2 large eggs
- ☐ 2 tablespoons juice of lemon fresh ()
- ☐ 1.5 cups powdered sugar packed sifted ()
- ☐ 0.5 teaspoon salt

- ☐ 0.8 cup sugar
- ☐ 0.5 cup butter unsalted cooled melted (1 stick)
- ☐ 0.8 teaspoon vanilla extract
- ☐ 0.3 cup cornmeal yellow

Equipment

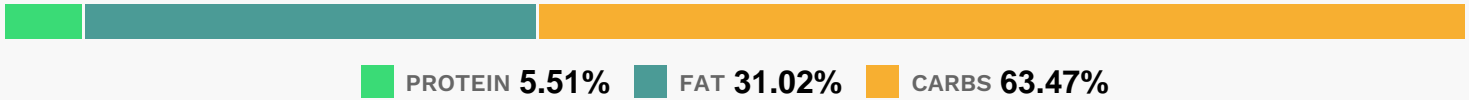
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ spatula

Directions

- ☐ Combine powdered sugar and 2tablespoons lemon juice in small bowl. Stirwith spoon until smooth and paste-like,adding more lemon juice by 1/2 teaspoonfulsif glaze is too thick to spread. Set aside.
- ☐ Position rack in center ofoven and preheat to 350°F. Butter 9-inch-diametercake pan with 2-inch-high sides;line bottom with parchment.
- ☐ Combineflour, cornmeal, sugar, baking powder, andsalt in large bowl; whisk to blend.
- ☐ Whiskbuttermilk, eggs, lemon peel, and vanillain small bowl.
- ☐ Pour buttermilk mixture andmelted butter into flour mixture. Usingrubber spatula, gently fold liquids intoflour mixture until just blended (do not stir).Scrape batter into pan; spread evenly.
- ☐ Bake cake until tester inserted intocenter comes out clean and cake pulls awayfrom sides of pan, about 30 minutes.
- ☐ Immediately run knife around sides ofcake.
- ☐ Place rack atop cake in pan. Usingoven mitts, hold pan and rack firmlytogether and invert cake onto rack.
- ☐ Removepan from cake.

- ☐ Place another rack onbottom of cake; invert 1 more time so thatcake is top side up. Stir glaze until blended.While cake is still very hot, drop glaze bytablespoonfuls onto cake; spread to within1/2 inch of edge (some glaze may drip downsides of cake). Cool completely.
- ☐ Serve with
- ☐ Crushed-Blueberry Sauce.

Nutrition Facts



Properties

Glycemic Index:33.66, Glycemic Load:23.85, Inflammation Score:-3, Nutrition Score:6.0786956211795%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 329.2kcal (16.46%), Fat: 11.5g (17.7%), Saturated Fat: 6.68g (41.78%), Carbohydrates: 52.96g (17.65%), Net Carbohydrates: 51.94g (18.89%), Sugar: 34.04g (37.82%), Cholesterol: 64.24mg (21.41%), Sodium: 306.48mg (13.33%), Alcohol: 0.1g (100%), Alcohol %: 0.12% (100%), Protein: 4.6g (9.19%), Selenium: 10.95µg (15.64%), Calcium: 121.93mg (12.19%), Vitamin B1: 0.18mg (11.98%), Vitamin B2: 0.2mg (11.49%), Folate: 42.96µg (10.74%), Phosphorus: 106.03mg (10.6%), Manganese: 0.17mg (8.44%), Iron: 1.39mg (7.72%), Vitamin A: 377.42IU (7.55%), Vitamin B3: 1.28mg (6.38%), Vitamin D: 0.68µg (4.55%), Fiber: 1.02g (4.07%), Vitamin B5: 0.37mg (3.75%), Vitamin B12: 0.22µg (3.64%), Magnesium: 14.22mg (3.56%), Zinc: 0.53mg (3.54%), Vitamin B6: 0.07mg (3.35%), Copper: 0.06mg (2.9%), Vitamin E: 0.42mg (2.8%), Potassium: 90.55mg (2.59%), Vitamin C: 1.16mg (1.41%)