



Lemon Cream Filled Cake

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



12

CALORIES



191 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons confectioners' sugar
- ☐ 3 tablespoons cornstarch
- ☐ 4 ounces cream cheese softened
- ☐ 2 egg yolks
- ☐ 1 cup granulated sugar
- ☐ 1 cup heavy cream
- ☐ 0.3 cup juice of lemon
- ☐ 1 tablespoon lemon zest

☐ 1 cup water

Equipment

☐ bowl

☐ frying pan

☐ sauce pan

☐ oven

☐ whisk

☐ mixing bowl

☐ plastic wrap

☐ toothpicks

☐ springform pan

Directions

☐ Preheat oven to 350 degrees F. Grease and flour a 9 inch round springform pan. Make cake mix as directed on package using ingredients called for on package.

☐ Pour into pan and bake for 43–45 minutes or until a toothpick inserted in cake comes out clean.

☐ Let the cake cool in pan for 20 minutes, then carefully invert from pan and invert again onto a rack.

☐ Let cake cool completely. While cake bakes and cools, prepare filling. In medium saucepan, mix together the sugar, cornstarch and water.

☐ Whisk in the lemon juice and egg yolks. Turn heat to medium and cook, whisking constantly, until mixture boils and thickens. Cook over a steady heat, whisking constantly, for an extra minute after mixture has begun to boil.

☐ Remove from heat and stir in lemon zest and cream cheese. Stir until cheese melts. Set aside to cool. When lemon mixture is cool, whip the cream in a mixing bowl and fold in lemon mixture. Split cake horizontally.

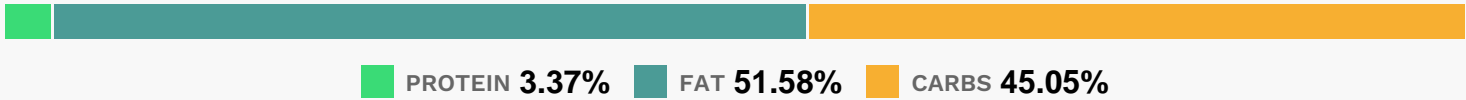
☐ Place bottom half of cake cut side up in pan.

☐ Spread lemon mixture over cut cake, then top with second half of cake. Cover with plastic wrap and chill for 4 hours or until almost ready to serve. Make Frosting. Beat the heavy cream,

sour cream and confectioners’ sugar in a large bowl until stiff peaks form.

- ☐
- Remove side of springform pan from cake. You can keep the cake on it’s base.
- ☐
- Spread whipped cream frosting all over the cake.

Nutrition Facts



Properties

Glycemic Index:8.09, Glycemic Load:11.78, Inflammation Score:-3, Nutrition Score:2.1173913038295%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 191.46kcal (9.57%), Fat: 11.28g (17.35%), Saturated Fat: 6.76g (42.25%), Carbohydrates: 22.16g (7.39%), Net Carbohydrates: 22.07g (8.03%), Sugar: 19.73g (21.92%), Cholesterol: 64.36mg (21.45%), Sodium: 37.94mg (1.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Vitamin A: 462.38IU (9.25%), Vitamin B2: 0.08mg (4.7%), Selenium: 3.27µg (4.67%), Vitamin C: 3.39mg (4.11%), Phosphorus: 34.18mg (3.42%), Vitamin D: 0.48µg (3.2%), Calcium: 28.02mg (2.8%), Vitamin E: 0.35mg (2.35%), Vitamin B5: 0.2mg (2.05%), Folate: 7.44µg (1.86%), Vitamin B12: 0.11µg (1.85%), Vitamin B6: 0.03mg (1.34%), Potassium: 42.8mg (1.22%), Zinc: 0.17mg (1.16%)