



Lemon, crème fraîche & chestnut cake

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



307 kcal

DESSERT

Ingredients

- ☐ 6 servings butter for greasing
- ☐ 4 eggs separated
- ☐ 125 g caster sugar
- ☐ 200 g crème fraîche
- ☐ 1 large unwaxed lemon
- ☐ 125 g chestnut flour
- ☐ 2 tsp double-acting baking powder

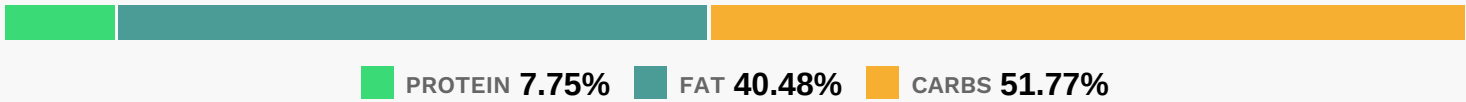
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ cake form

Directions

- ☐ Heat the oven to 180C/fan 160C/gas
- ☐ Butter and line the base of a 20cm round cake tin.
- ☐ Put the egg yolks into a mixing bowl with the caster sugar and, using an electric whisk, beat for a 1-2 mins until light and creamy. Stir in the crme fraiche and lemon zest.
- ☐ Add the sifted flour and baking powder (gluten free, if necessary)
- ☐ In a separate bowl, whisk 4 egg whites until stiff, then fold into the cake mix using the whisk blades.
- ☐ Pour into the tin and bake for 35-40 mins until the cake feels firm to the touch. Cool in the tin for 5 mins, then turn out and cool completely on a wire rack. Dust with icing sugar and serve.

Nutrition Facts



Properties

Glycemic Index:39.6, Glycemic Load:15.23, Inflammation Score:-3, Nutrition Score:6.3213042979655%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 307.33kcal (15.37%), Fat: 14.2g (21.84%), Saturated Fat: 7.01g (43.8%), Carbohydrates: 40.86g (13.62%), Net Carbohydrates: 38.44g (13.98%), Sugar: 26.82g (29.8%), Cholesterol: 139.74mg (46.58%), Sodium: 252.45mg (10.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.11g (12.23%), Vitamin C: 17.51mg (21.22%), Calcium: 153.57mg (15.36%), Selenium: 10.49µg (14.98%), Phosphorus: 121.09mg (12.11%), Vitamin B2: 0.2mg (11.72%), Vitamin A: 506.85IU (10.14%), Fiber: 2.42g (9.69%), Iron: 1.44mg (8.02%), Vitamin B5: 0.6mg (6.01%), Vitamin B12: 0.34µg (5.66%), Folate: 17.92µg (4.48%), Vitamin D: 0.59µg (3.91%), Vitamin B6: 0.08mg (3.9%), Vitamin E: 0.58mg (3.85%), Zinc: 0.51mg (3.37%), Potassium: 108.91mg (3.11%), Magnesium: 8.81mg (2.2%), Copper: 0.04mg (1.77%), Vitamin B1: 0.03mg (1.72%)