



Lemon-Honey Almond Cake

 Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



187 kcal

DESSERT

Ingredients

- 2 cups almonds
- 6 large eggs
- 0.5 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1 cup honey
- 0.3 cup juice of lemon fresh
- 1 tablespoon lemon zest grated
- 1 cup matzo meal

- 1 cup matzo meal
- 2 cups sugar
- 0.5 cup vegetable oil
- 0.7 cup water

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- baking pan
- hand mixer

Directions

- Combine all ingredients in heavy medium saucepan. Stir over medium–low heat until sugar dissolves. Increase heat and boil 1 minute. Cool.
- Preheat oven to 350°F. Oil 13 x 9 x 2–inch metal baking pan. Finely grind almonds and 1/2 cup sugar in processor; transfer to medium bowl.
- Whisk in matzo cake meal, matzo meal, cinnamon and allspice. Using electric mixer, beat eggs and remaining 1 1/2 cups sugar in large bowl until very thick and pale in color, about 10 minutes. Beat in oil and lemon peel. Fold in almond mixture.
- Transfer batter to prepared pan.
- Bake cake until tester inserted into center comes out clean, about 45 minutes.
- Cut hot cake into 32 squares; leave in pan.
- Drizzle cooled syrup over.
- Let stand until syrup is absorbed, at least 30 minutes.
- Serve warm or at room temperature. (Can be made 2 days ahead. Cool, cover and store at room temperature.)

Nutrition Facts

PROTEIN 8.21% FAT 28.67% CARBS 63.12%

Properties

Glycemic Index:4.76, Glycemic Load:13.36, Inflammation Score:-2, Nutrition Score:4.7930434527604%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 186.81kcal (9.34%), Fat: 6.2g (9.54%), Saturated Fat: 0.76g (4.74%), Carbohydrates: 30.74g (10.25%), Net Carbohydrates: 29.27g (10.64%), Sugar: 21.68g (24.09%), Cholesterol: 34.88mg (11.63%), Sodium: 14.26mg (0.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (7.99%), Vitamin E: 2.45mg (16.35%), Manganese: 0.28mg (14.24%), Vitamin B2: 0.18mg (10.42%), Selenium: 6.64µg (9.48%), Phosphorus: 70.01mg (7%), Magnesium: 27.93mg (6.98%), Fiber: 1.47g (5.87%), Copper: 0.11mg (5.52%), Iron: 0.83mg (4.63%), Vitamin B1: 0.06mg (3.77%), Vitamin B3: 0.69mg (3.44%), Zinc: 0.49mg (3.25%), Calcium: 32.54mg (3.25%), Potassium: 96.87mg (2.77%), Folate: 10.46µg (2.61%), Vitamin B5: 0.23mg (2.35%), Vitamin B6: 0.04mg (2.11%), Vitamin B12: 0.08µg (1.39%), Vitamin C: 1.05mg (1.27%), Vitamin K: 1.33µg (1.26%), Vitamin D: 0.19µg (1.25%), Vitamin A: 51.28IU (1.03%)