



Lemon Layer Sheet Cake

READY IN



55 min.

SERVINGS



36

CALORIES



321 kcal

DESSERT

Ingredients

- 0.5 teaspoon almond extract
- 2 tablespoons double-acting baking powder
- 3 cups butter
- 16 tablespoons cool butter unsalted cut into pieces (2 sticks)
- 4 cups cake flour sifted
- 1.5 cups egg whites
- 8 egg whites
- 2 tablespoons juice of lemon
- 2 lemon zest

- 1.3 cups milk
- 1.5 cups sugar
- 2 cups sugar
- 1 teaspoon vanilla extract pure
- 2 teaspoons vanilla extract

Equipment

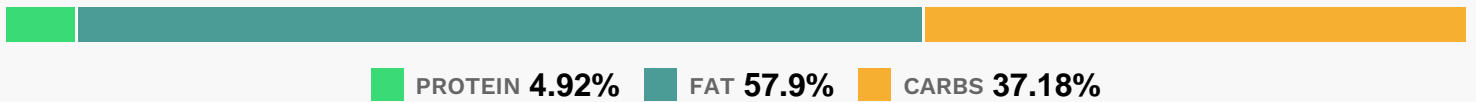
- frying pan
- baking sheet
- baking paper
- oven
- whisk
- mixing bowl
- blender
- hand mixer

Directions

- In a mixer fitted with a whisk attachment (or using a hand mixer), whip the egg whites until stiff but not dry. Refrigerate.
- Preheat oven to 350 degrees F. Line two 13-by-18-inch baking sheets with parchment paper.
- In a mixer fitted with a paddle attachment (or using a hand mixer), cream the butter until smooth. With the mixer running, slowly add the sugar and mix.
- Add the vanilla, almond extract, and lemon zest and mix well. Sift the flour 3 times with the baking powder (this is to lighten the cakes).
- Add a third of the flour mixture to the butter mixture and mix.
- Add half of the milk to the butter mixture and mix.
- Add another third of the flour mixture and mix.
- Add the remaining milk and mix.
- Add the remaining flour and mix until smooth. Fold in the egg whites.

- Pour the batter into the prepared baking sheets, filling them about 1/2 full.
- Bake until firm to the touch 20 to 25 minutes.
- Let cool in the pan.
- To make the frosting, place egg whites and sugar in a mixing bowl and warm over hot water to dissolve the sugar (this is a Swiss meringue).
- Remove from the heat and whip with the whip attachment until cool and stiff.
- Add the butter, a little at a time, then add flavorings.
- Sandwich the 2 layers of cake together with 1/2 of the butter cream between them. Frost the top with the remaining half and use an icing comb to make wavy lines all over the surface. Chill for 2 hours. Then trim the edges and cut into bars.

Nutrition Facts



Properties

Glycemic Index:10.76, Glycemic Load:20.43, Inflammation Score:-4, Nutrition Score:3.2243478246357%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 321.21kcal (16.06%), Fat: 21g (32.31%), Saturated Fat: 13.12g (82.01%), Carbohydrates: 30.34g (10.11%), Net Carbohydrates: 29.97g (10.9%), Sugar: 20.1g (22.34%), Cholesterol: 55.13mg (18.38%), Sodium: 224.83mg (9.78%), Alcohol: 0.13g (100%), Alcohol %: 0.2% (100%), Protein: 4.01g (8.02%), Selenium: 9.42µg (13.45%), Vitamin A: 643.36IU (12.87%), Vitamin B2: 0.11mg (6.32%), Calcium: 60.31mg (6.03%), Manganese: 0.11mg (5.72%), Phosphorus: 45.89mg (4.59%), Vitamin E: 0.65mg (4.3%), Potassium: 63.34mg (1.81%), Magnesium: 7.23mg (1.81%), Vitamin B12: 0.11µg (1.78%), Vitamin K: 1.83µg (1.74%), Copper: 0.03mg (1.62%), Vitamin B5: 0.16mg (1.56%), Folate: 6.22µg (1.55%), Fiber: 0.37g (1.49%), Vitamin D: 0.19µg (1.28%), Iron: 0.23mg (1.28%), Zinc: 0.19mg (1.24%), Vitamin B1: 0.02mg (1.24%)