



Lemon-Lime Cake

READY IN



45 min.

SERVINGS



10

CALORIES



302 kcal

DESSERT

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 2 cups cake flour sifted
- ☐ 0.5 teaspoon cream of tartar
- ☐ 4 egg whites
- ☐ 0.3 cup juice of lemon
- ☐ 0.8 cup lemon-vanilla sugar
- ☐ 1 tablespoon lime rind grated
- ☐ 0.5 cup butter softened reduced-calorie
- ☐ 1 teaspoon powdered sugar

- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup skim milk
- ☐ 0.8 cup sugar

Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer
- ☐ cake form

Directions

- ☐ Beat margarine at medium speed of an electric mixer until creamy; gradually add 3/4 cup sugar and Lemon-Vanilla Sugar, beating well.
- ☐ Combine flour and next 3 ingredients, and stir well.
- ☐ Combine milk and lemon juice.
- ☐ Add flour mixture to margarine mixture alternately with milk mixture, beginning and ending with flour mixture.
- ☐ Mix after each addition.
- ☐ Beat egg whites and cream of tartar at high speed of an electric mixer until stiff peaks form. Fold beaten egg white into batter.
- ☐ Spoon batter into an 8-inch angel food cake pan or a 9- x 5- x 3-inch loaf pan coated with cooking spray.
- ☐ Bake at 350 for 45 to 50 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes.
- ☐ Remove from pan, and let cool completely on wire rack. Sift powdered sugar over cooled cake.

Nutrition Facts



 **PROTEIN 6.49%**  **FAT 28.39%**  **CARBS 65.12%**

Properties

Glycemic Index:36.44, Glycemic Load:33.22, Inflammation Score:-3, Nutrition Score:4.0378261211774%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 302.37kcal (15.12%), Fat: 9.7g (14.92%), Saturated Fat: 1.97g (12.29%), Carbohydrates: 50.05g (16.68%), Net Carbohydrates: 49.42g (17.97%), Sugar: 31.29g (34.76%), Cholesterol: 0.49mg (0.16%), Sodium: 356.88mg (15.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.98%), Selenium: 12.84µg (18.35%), Manganese: 0.2mg (10.13%), Calcium: 89.26mg (8.93%), Vitamin A: 440.48IU (8.81%), Phosphorus: 68.65mg (6.87%), Vitamin B2: 0.1mg (5.89%), Potassium: 109.08mg (3.12%), Vitamin C: 2.56mg (3.1%), Vitamin E: 0.46mg (3.08%), Magnesium: 10.55mg (2.64%), Copper: 0.05mg (2.63%), Folate: 10.44µg (2.61%), Fiber: 0.64g (2.55%), Vitamin B1: 0.03mg (2.16%), Vitamin B5: 0.21mg (2.09%), Iron: 0.38mg (2.08%), Zinc: 0.3mg (1.98%), Vitamin B12: 0.12µg (1.95%), Vitamin B3: 0.29mg (1.46%), Vitamin D: 0.18µg (1.2%), Vitamin B6: 0.02mg (1.17%)