

# Lemon Meringue Cake with Strawberries

READY IN



130 min.

SERVINGS



1

CALORIES



2536 kcal

DESSERT

## Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 2 egg whites
- ☐ 2 egg whites fat-free
- ☐ 0.5 cup skim milk fat-free (skim)
- ☐ 1.3 cups flour all-purpose
- ☐ 1.5 teaspoons lime zest grated
- ☐ 0.3 cup butter
- ☐ 0.3 teaspoon salt
- ☐ 2 cups strawberries sliced

- ☐ 0.3 cup sugar
- ☐ 0.5 cup sugar
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla

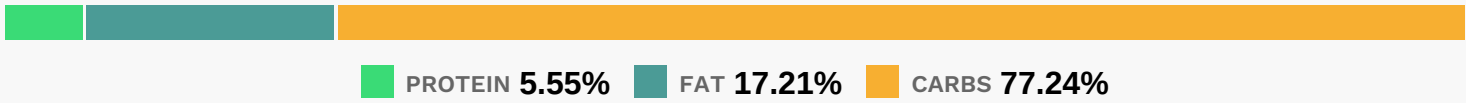
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks

## Directions

- ☐ Stir together strawberries and 1/4 cup sugar. Cover and refrigerate until serving.
- ☐ Heat oven to 350F. Spray square pan, 9x9x2 inches, with cooking spray. Beat flour, 1 cup sugar, the margarine, milk, baking powder, lemon peel, vanilla, salt and 2 egg whites in large bowl with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on high speed 2 minutes, scraping bowl occasionally.
- ☐ Pour into pan.
- ☐ Bake 25 to 30 minutes or until toothpick inserted in center comes out clean.
- ☐ Increase oven temperature to 400F. Beat 2 egg whites in medium bowl on high speed until foamy. Beat in 1/2 cup sugar, 1 tablespoon at a time; continue beating until stiff and glossy.
- ☐ Spread over cake.
- ☐ Bake 8 to 10 minutes or until meringue is light brown. Cool completely, about 1 hour. Top each serving with strawberries.

## Nutrition Facts



## Properties

Glycemic Index:482.52, Glycemic Load:340.73, Inflammation Score:-10, Nutrition Score:45.894347688426%

Flavonoids

Cyanidin: 4.84mg, Cyanidin: 4.84mg, Cyanidin: 4.84mg, Cyanidin: 4.84mg Petunidin: 0.32mg, Petunidin: 0.32mg, Petunidin: 0.32mg, Petunidin: 0.32mg Delphinidin: 0.89mg, Delphinidin: 0.89mg, Delphinidin: 0.89mg, Delphinidin: 0.89mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 71.57mg, Pelargonidin: 71.57mg, Pelargonidin: 71.57mg, Pelargonidin: 71.57mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 8.96mg, Catechin: 8.96mg, Catechin: 8.96mg, Catechin: 8.96mg Epigallocatechin: 2.25mg, Epigallocatechin: 2.25mg, Epigallocatechin: 2.25mg, Epigallocatechin: 2.25mg Epicatechin: 1.21mg, Epicatechin: 1.21mg, Epicatechin: 1.21mg, Epicatechin: 1.21mg Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 2536.09kcal (126.8%), Fat: 49.51g (76.17%), Saturated Fat: 9.82g (61.4%), Carbohydrates: 499.81g (166.6%), Net Carbohydrates: 489.74g (178.09%), Sugar: 371.4g (412.67%), Cholesterol: 3.67mg (1.23%), Sodium: 2011.87mg (87.47%), Alcohol: 1.38g (100%), Alcohol %: 0.16% (100%), Protein: 35.89g (71.77%), Vitamin C: 170.33mg (206.46%), Selenium: 82.7µg (118.14%), Manganese: 2.22mg (110.99%), Vitamin B2: 1.61mg (94.97%), Vitamin B1: 1.38mg (91.74%), Folate: 363.11µg (90.78%), Calcium: 614.49mg (61.45%), Phosphorus: 532.24mg (53.22%), Vitamin B3: 10.64mg (53.22%), Iron: 9.39mg (52.17%), Vitamin A: 2315.91IU (46.32%), Fiber: 10.07g (40.3%), Potassium: 1049.14mg (29.98%), Magnesium: 103.71mg (25.93%), Copper: 0.42mg (21.18%), Vitamin E: 2.69mg (17.97%), Vitamin B5: 1.77mg (17.65%), Vitamin B12: 0.88µg (14.59%), Vitamin B6: 0.29mg (14.43%), Zinc: 2.13mg (14.19%), Vitamin D: 1.35µg (8.98%), Vitamin K: 6.82µg (6.5%)