



Lemon Meringue Cake with Strawberries

READY IN



130 min.

SERVINGS



4

CALORIES



634 kcal

DESSERT

Ingredients

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

- ☐ 0.3 teaspoon salt
- ☐ 2 egg whites fat-free
- ☐ 2 egg whites
- ☐ 0.5 cup sugar

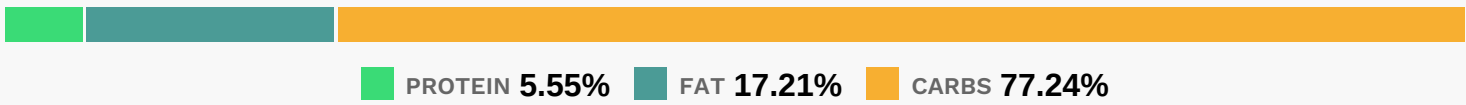
Equipment

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

Directions

- ☐ Stir together strawberries and 1/4 cup sugar. Cover and refrigerate until serving.
- ☐ Heat oven to 350°F. 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 400°F. 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:120.63, Glycemic Load:85.18, Inflammation Score:-7, Nutrition Score:12.946521722752%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 634.02kcal (31.7%), Fat: 12.38g (19.04%), Saturated Fat: 2.46g (15.35%), Carbohydrates: 124.95g (41.65%), Net Carbohydrates: 122.43g (44.52%), Sugar: 92.85g (103.17%), Cholesterol: 0.92mg (0.31%), Sodium: 502.97mg (21.87%), Alcohol: 0.34g (100%), Alcohol %: 0.16% (100%), Protein: 8.97g (17.94%), Vitamin C: 42.58mg (51.62%), Selenium: 20.67µg (29.53%), Manganese: 0.55mg (27.75%), Vitamin B2: 0.4mg (23.74%), Vitamin B1: 0.34mg (22.93%), Folate: 90.78µg (22.69%), Calcium: 153.62mg (15.36%), Phosphorus: 133.06mg (13.31%), Vitamin B3: 2.66mg (13.3%), Iron: 2.35mg (13.04%), Vitamin A: 578.98IU (11.58%), Fiber: 2.52g (10.07%), Potassium: 262.28mg (7.49%), Magnesium: 25.93mg (6.48%), Copper: 0.11mg (5.3%), Vitamin E: 0.67mg (4.49%), Vitamin B5: 0.44mg (4.41%), Vitamin B12: 0.22µg (3.65%), Vitamin B6: 0.07mg (3.61%), Zinc: 0.53mg (3.55%), Vitamin D: 0.34µg (2.25%), Vitamin K: 1.71µg (1.62%)