



Lemon Olive-Oil Cake



Dairy Free



Popular

READY IN



300 min.

SERVINGS



8

CALORIES



213 kcal

DESSERT

Ingredients

- ☐ 1 cup cake flour (not self-rising)
- ☐ 5 large eggs white separated for another use
- ☐ 1 large optional: lemon
- ☐ 0.8 cup olive oil extra-virgin for greasing pan (if desired)
- ☐ 0.8 cup sugar

Equipment

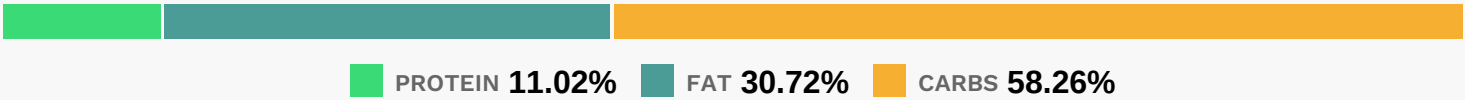
- ☐ bowl
- ☐ frying pan

- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ hand mixer
- ☐ wooden spoon
- ☐ springform pan
- ☐ skewers

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F. Grease springform pan with some oil, then line bottom with a round of parchment paper. Oil parchment.
- ☐ Finely grate enough lemon zest to measure 1 1/2 teaspoons and whisk together with flour. Halve lemon, then squeeze and reserve 1 1/2 tablespoons fresh lemon juice.
- ☐ Beat together yolks and 1/2 cup sugar in a large bowl with an electric mixer at high speed until thick and pale, about 3 minutes. Reduce speed to medium and add olive oil (3/4 cup) and reserved lemon juice, beating until just combined (mixture may appear separated). Using a wooden spoon, stir in flour mixture (do not beat) until just combined.
- ☐ Beat egg whites (from 4 eggs) with 1/2 teaspoon salt in another large bowl with cleaned beaters at medium-high speed until foamy, then add 1/4 cup sugar a little at a time, beating, and continue to beat until egg whites just hold soft peaks, about 3 minutes.
- ☐ Gently fold one third of whites into yolk mixture to lighten, then fold in remaining whites gently but thoroughly.
- ☐ Transfer batter to springform pan and gently rap against work surface once or twice to release any air bubbles.
- ☐ Sprinkle top evenly with remaining 1 1/2 tablespoons sugar.
- ☐ Bake until puffed and golden and a wooden pick or skewer inserted in center of cake comes out clean, about 45 minutes. Cool cake in pan on a rack 10 minutes, then run a thin knife around edge of pan and remove side of pan. Cool cake to room temperature, about 1 1/4 hours.
- ☐ Remove bottom of pan and peel off parchment, then transfer cake to a serving plate.

Nutrition Facts



Properties

Glycemic Index:20.32, Glycemic Load:20.66, Inflammation Score:-1, Nutrition Score:5.0082608202229%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 213kcal (10.65%), Fat: 7.38g (11.36%), Saturated Fat: 1.58g (9.88%), Carbohydrates: 31.49g (10.5%), Net Carbohydrates: 30.74g (11.18%), Sugar: 19.21g (21.35%), Cholesterol: 116.25mg (38.75%), Sodium: 45.23mg (1.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.96g (11.92%), Selenium: 15.96µg (22.8%), Vitamin B2: 0.16mg (9.32%), Vitamin C: 7.16mg (8.67%), Phosphorus: 79.19mg (7.92%), Manganese: 0.14mg (6.87%), Vitamin E: 0.99mg (6.63%), Vitamin B5: 0.57mg (5.73%), Folate: 21.33µg (5.33%), Vitamin B12: 0.28µg (4.64%), Iron: 0.8mg (4.45%), Vitamin D: 0.63µg (4.17%), Zinc: 0.55mg (3.64%), Vitamin B6: 0.07mg (3.49%), Vitamin A: 172.03IU (3.44%), Fiber: 0.75g (3.01%), Copper: 0.06mg (2.86%), Vitamin K: 2.58µg (2.46%), Calcium: 23.58mg (2.36%), Potassium: 77.8mg (2.22%), Magnesium: 8.74mg (2.18%), Vitamin B1: 0.03mg (2.03%)