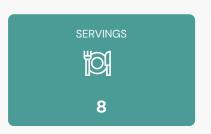




# **Lemon Olive-Oil Cake**

airy Free







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)

### **Equipment**

0.8 cup sugar

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 11/2 teaspoons and whisk together with flour. Halve lemon, then squeeze and reserve 11/2 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 11/2 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**

PROTEIN 11.02% 📕 FAT 30.72% 📒 CARBS 58.26%

#### **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: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, 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 %: O% (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%)