



Lemon-Orange Chiffon Cake

 Dairy Free

READY IN



130 min.

SERVINGS



12

CALORIES



235 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2.5 cups cake flour sifted
- ☐ 0.5 teaspoon cream of tartar
- ☐ 1 slices garnishes: edible flowers
- ☐ 5 large eggs separated
- ☐ 0.8 cup orange juice fresh
- ☐ 3 tablespoons orange zest
- ☐ 1 teaspoon salt

- ☐ 1.3 cups sugar
- ☐ 0.5 cup vegetable oil

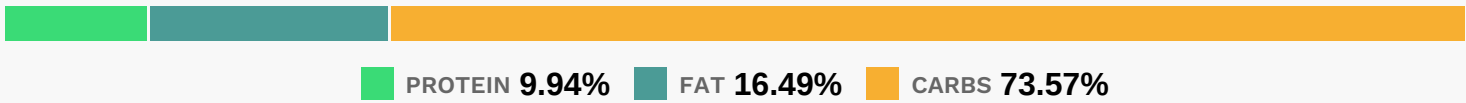
Equipment

- ☐ bowl
- ☐ oven
- ☐ stand mixer

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 4 ingredients in bowl of a heavy-duty electric stand mixer. Make a well in center of flour mixture; add oil, egg yolks, and orange juice. Beat at medium-high speed 3 to 4 minutes or until smooth. Stir in zest.
- ☐ Beat egg whites and cream of tartar at medium-high speed until stiff peaks form. Gently fold into flour mixture. Spoon batter into 3 greased and floured 9-inch round cake pans.
- ☐ Bake at 350 for 17 to 20 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 10 minutes; remove from pans to wire racks, and cool completely (about 1 hour).
- ☐ Spread Lemon-Orange Buttercream Frosting between layers and on top and sides of cake.

Nutrition Facts



Properties

Glycemic Index:23.42, Glycemic Load:28.82, Inflammation Score:-2, Nutrition Score:5.4352174116218%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 234.71kcal (11.74%), Fat: 4.34g (6.67%), Saturated Fat: 1g (6.23%), Carbohydrates: 43.51g (14.5%), Net Carbohydrates: 42.7g (15.53%), Sugar: 23.64g (26.26%), Cholesterol: 77.5mg (25.83%), Sodium: 330.39mg (14.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.88g (11.75%), Selenium: 16.9µg (24.15%), Vitamin C: 9.81mg (11.89%), Manganese: 0.22mg (10.8%), Phosphorus: 91.42mg (9.14%), Calcium: 78.84mg (7.88%), Vitamin B2: 0.12mg (7.12%), Folate: 23.53µg (5.88%), Vitamin B5: 0.47mg (4.7%), Iron: 0.77mg (4.28%), Copper: 0.07mg (3.63%), Zinc: 0.5mg (3.37%), Vitamin K: 3.5µg (3.33%), Fiber: 0.82g (3.27%), Vitamin E: 0.48mg (3.21%), Potassium: 110.43mg (3.16%), Vitamin B12: 0.19µg (3.09%), Vitamin A: 151.94IU (3.04%), Vitamin B1: 0.05mg (3%), Magnesium: 11.34mg (2.84%), Vitamin D: 0.42µg (2.78%), Vitamin B6: 0.05mg (2.69%), Vitamin B3: 0.35mg (1.76%)