



Lemon-Rosemary Olive Oil Cake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



220 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 3 large eggs
- 0.5 cup fat-free milk fat-free
- 2 tablespoons flour all-purpose
- 3 cups flour all-purpose
- 1.5 tablespoons rosemary leaves fresh finely chopped
- 1.5 cups granulated sugar

- 0.3 teaspoon lemon extract
- 0.3 cup juice of lemon fresh
- 1 tablespoon juice of lemon fresh
- 2 teaspoons lemon rind grated
- 0.5 cup olive oil
- 1 cup powdered sugar
- 0.5 teaspoon salt
- 0.5 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- blender
- measuring cup

Directions

- Preheat oven to 350
- Coat a 10-inch tube pan with cooking spray; dust with 2 tablespoons flour. Weigh or lightly spoon 5 ounces flour (about 3 cups) into dry measuring cups; level with a knife.
- Combine flour and next 4 ingredients (through salt) in a large bowl.
- Place granulated sugar and next 7 ingredients (through eggs) in a medium bowl; beat with a mixer at low speed 2 minutes or until smooth.
- Add to flour mixture; beat until blended.
- Pour batter into prepared pan.
- Bake at 350 for 45 minutes or until a wooden pick inserted in center comes out clean. Cool in pan for 15 minutes on a wire rack, and remove from pan. Cool completely on wire rack.

- Combine powdered sugar and 1 tablespoon lemon juice, stirring until smooth.
- Drizzle sugar mixture over cake.
- Garnish with rosemary sprig, if desired.

Nutrition Facts



Properties

Glycemic Index:15.83, Glycemic Load:26.67, Inflammation Score:0, Nutrition Score:5.1243478992711%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 220.28kcal (11.01%), Fat: 2.57g (3.96%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 45.86g (15.29%), Net Carbohydrates: 45.12g (16.41%), Sugar: 26.68g (29.65%), Cholesterol: 35.1mg (11.7%), Sodium: 124.75mg (5.42%), Alcohol: 0.04g (100%), Alcohol %: 0.07% (100%), Protein: 3.99g (7.98%), Selenium: 11.46µg (16.37%), Vitamin B1: 0.2mg (13.38%), Folate: 50.35µg (12.59%), Vitamin B2: 0.18mg (10.56%), Phosphorus: 87.97mg (8.8%), Manganese: 0.18mg (8.75%), Iron: 1.38mg (7.65%), Vitamin B3: 1.46mg (7.31%), Calcium: 42.22mg (4.22%), Potassium: 109.59mg (3.13%), Fiber: 0.74g (2.95%), Vitamin B5: 0.29mg (2.86%), Vitamin C: 2.2mg (2.67%), Copper: 0.05mg (2.28%), Zinc: 0.34mg (2.25%), Vitamin B12: 0.13µg (2.13%), Vitamin E: 0.32mg (2.1%), Magnesium: 8.06mg (2.02%), Vitamin D: 0.27µg (1.81%), Vitamin B6: 0.03mg (1.72%), Vitamin A: 72.14IU (1.44%)