



Lemon Sponge Cake with Strawberry Filling

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



212 kcal

DESSERT

Ingredients

- ☐ 1.3 teaspoons double-acting baking powder
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 1.5 teaspoons lemon rind grated
- ☐ 0.1 teaspoon salt
- ☐ 1 cup strawberries chopped

- ☐ 2 cups strawberries divided sliced
- ☐ 0.3 cup sugar
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water
- ☐ 0.3 cup water
- ☐ 1 cup non-dairy whipped topping frozen thawed reduced-calorie

Equipment

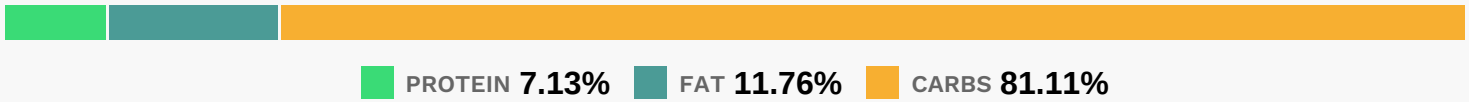
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ cake form
- ☐ measuring cup
- ☐ serrated knife

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, baking powder, and salt in a medium bowl, stirring well with a whisk. Beat eggs in a large bowl with a mixer at high speed for 2 minutes. Gradually add 3/4 cup sugar, beating until thick and pale (about 4 minutes).
- ☐ Add 1/4 cup water, rind, 1 tablespoon juice, and vanilla, beating at low speed until blended.
- ☐ Add flour mixture, beating just until blended.

- ☐ Pour the batter into a 9-inch round cake pan coated with cooking spray.
- ☐ Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.
- ☐ To prepare sauce, combine chopped strawberries, 1/3 cup water, 1/4 cup sugar, and 1 1/2 teaspoons lemon juice in a medium nonaluminum saucepan. Bring to a boil; cook until reduced to 3/4 cup (about 15 minutes). Cool.
- ☐ Split cake in half horizontally using a serrated knife; place bottom cake layer, cut side up, on a plate.
- ☐ Spread with 6 tablespoons sauce. Top with 1 cup sliced strawberries and 1/2 cup whipped topping. Top with remaining cake layer. Repeat layers with remaining sauce, sliced strawberries, and whipped topping.
- ☐ Cut into 8 slices.

Nutrition Facts



Properties

Glycemic Index:48.4, Glycemic Load:27.46, Inflammation Score:-3, Nutrition Score:7.063478221064%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 211.85kcal (10.59%), Fat: 2.82g (4.34%), Saturated Fat: 1.48g (9.28%), Carbohydrates: 43.76g (14.59%), Net Carbohydrates: 42.21g (15.35%), Sugar: 30.04g (33.38%), Cholesterol: 46.69mg (15.56%), Sodium: 129.15mg (5.62%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Protein: 3.85g (7.7%), Vitamin C: 33.32mg (40.39%), Manganese: 0.32mg (16.06%), Selenium: 9.73µg (13.9%), Folate: 48.32µg (12.08%), Vitamin B1: 0.14mg (9.56%), Vitamin B2: 0.16mg (9.45%), Phosphorus: 75.52mg (7.55%), Iron: 1.26mg (7.01%), Calcium: 62.88mg (6.29%), Fiber: 1.55g (6.21%), Vitamin B3: 1.16mg (5.78%), Potassium: 130.93mg (3.74%), Vitamin B5: 0.33mg (3.33%), Magnesium: 13.24mg (3.31%), Copper: 0.06mg (3.21%), Vitamin B6: 0.06mg (2.87%), Zinc: 0.36mg (2.42%), Vitamin E: 0.35mg (2.33%), Vitamin B12: 0.13µg (2.17%), Vitamin D: 0.25µg (1.67%), Vitamin A: 81.27IU (1.63%), Vitamin K: 1.57µg (1.5%)