



WHATSheATE

Lemon Tea Cake



Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



360 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 cup confectioners' sugar
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 juice of lemon
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- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar

- ☐ 0.5 cup butter unsalted softened plus more for greasing (1 stick)
- ☐ 1 teaspoon vanilla extract

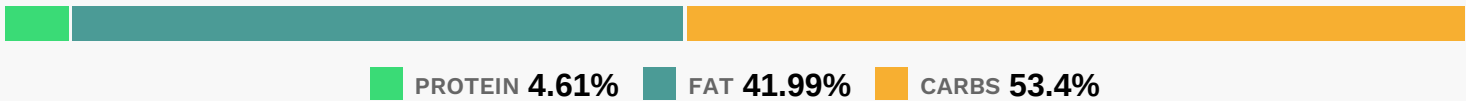
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ For the cake: Preheat the oven to 350 degrees F. Grease an 8-inch-square pan. Cream the butter and sugar in a medium bowl until light and fluffy, using a hand mixer (about 3 minutes).
- ☐ Add the eggs one at a time while mixing, and then add the vanilla. Sift together the flour, baking powder and salt in a small bowl.
- ☐ Add half the flour to the butter mixture and combine.
- ☐ Add the lemon juice and zest, mix, and add the remaining flour, mixing again to combine.
- ☐ Pour into the prepared pan.
- ☐ Bake until the cake springs back when lightly pressed, about 20 minutes.
- ☐ Combine the confectioner's sugar, lemon zest and lemon juice and mix well.
- ☐ Mix until thoroughly incorporated.
- ☐ Pour over the cake.

Nutrition Facts



Properties

Glycemic Index:39.52, Glycemic Load:23.31, Inflammation Score:-4, Nutrition Score:5.702173979386%

Flavonoids

Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg,

Naringenin: 0.17mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 359.98kcal (18%), Fat: 17.03g (26.19%), Saturated Fat: 10.21g (63.83%), Carbohydrates: 48.72g (16.24%), Net Carbohydrates: 48.12g (17.5%), Sugar: 31.82g (35.36%), Cholesterol: 95.23mg (31.74%), Sodium: 288.43mg (12.54%), Alcohol: 0.23g (100%), Alcohol %: 0.29% (100%), Protein: 4.2g (8.41%), Selenium: 11.96µg (17.08%), Folate: 48.09µg (12.02%), Vitamin B1: 0.17mg (11.56%), Vitamin A: 552.68IU (11.05%), Vitamin B2: 0.18mg (10.88%), Manganese: 0.15mg (7.59%), Iron: 1.33mg (7.39%), Phosphorus: 71.73mg (7.17%), Vitamin B3: 1.26mg (6.32%), Vitamin C: 4.84mg (5.86%), Calcium: 56.31mg (5.63%), Vitamin E: 0.62mg (4.16%), Vitamin D: 0.58µg (3.85%), Vitamin B5: 0.35mg (3.54%), Vitamin B12: 0.16µg (2.71%), Copper: 0.05mg (2.43%), Zinc: 0.36mg (2.42%), Fiber: 0.6g (2.41%), Vitamin B6: 0.04mg (2.03%), Magnesium: 7.74mg (1.93%), Potassium: 61.74mg (1.76%), Vitamin K: 1.43µg (1.36%)