

Lemon Tea Cakes

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



212 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 10 servings confectioners' sugar
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons juice of lemon
- ☐ 2 teaspoons lemon zest grated
- ☐ 1 pinch salt
- ☐ 0.5 cup sugar

- ☐ 8 tablespoons butter unsalted cooled melted (1 stick)
- ☐ 1 teaspoon vanilla extract

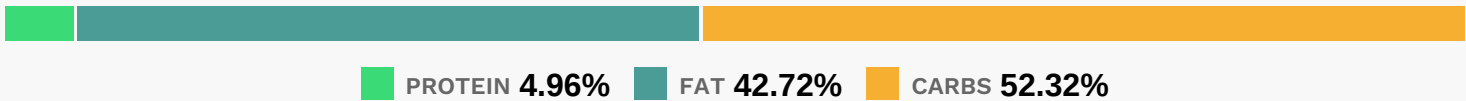
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ spatula
- ☐ muffin tray

Directions

- ☐ Preheat oven to 375F. Mist 12 cups of a muffin tin with cooking spray.
- ☐ In a large bowl, whisk together egg, sugar, lemon zest, juice, vanilla and salt until well blended.
- ☐ Gently fold flour and baking powder into egg mixture with a rubber spatula until just incorporated.
- ☐ Mix in butter. Divide batter among cups, filling each 1 about halfway.
- ☐ Bake until cakes have risen and turned golden, about 11 minutes. Immediately run a knife around edges and invert cakes onto a wire rack to cool slightly.
- ☐ Serve warm, dusted with confectioners' sugar, if desired.

Nutrition Facts



Properties

Glycemic Index:23.71, Glycemic Load:14.08, Inflammation Score:-3, Nutrition Score:3.5847826081774%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg,

Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 212.15kcal (10.61%), Fat: 10.2g (15.69%), Saturated Fat: 6.09g (38.04%), Carbohydrates: 28.1g (9.37%), Net Carbohydrates: 27.71g (10.08%), Sugar: 18.02g (20.03%), Cholesterol: 61.28mg (20.43%), Sodium: 104.71mg (4.55%), Alcohol: 0.14g (100%), Alcohol %: 0.31% (100%), Protein: 2.66g (5.33%), Selenium: 7.53µg (10.76%), Folate: 28.56µg (7.14%), Vitamin B1: 0.1mg (6.91%), Vitamin B2: 0.12mg (6.81%), Vitamin A: 334.27IU (6.69%), Calcium: 58.11mg (5.81%), Phosphorus: 53.83mg (5.38%), Iron: 0.86mg (4.79%), Manganese: 0.09mg (4.53%), Vitamin B3: 0.76mg (3.78%), Vitamin E: 0.38mg (2.52%), Vitamin D: 0.37µg (2.45%), Vitamin B5: 0.23mg (2.26%), Vitamin C: 1.68mg (2.03%), Vitamin B12: 0.11µg (1.8%), Fiber: 0.39g (1.56%), Zinc: 0.23mg (1.54%), Copper: 0.03mg (1.47%), Vitamin B6: 0.03mg (1.25%), Magnesium: 4.68mg (1.17%)