



Lemon Velvet Cream Cake

READY IN



120 min.

SERVINGS



12

CALORIES



347 kcal

DESSERT

Ingredients

- ☐ 3 oz cream cheese softened
- ☐ 12 servings optional: lemon
- ☐ 1 box lemon cake mix
- ☐ 1 tablespoon lemon zest grated
- ☐ 1 tablespoon milk
- ☐ 0.7 cup powdered sugar
- ☐ 2 cups whipping cream

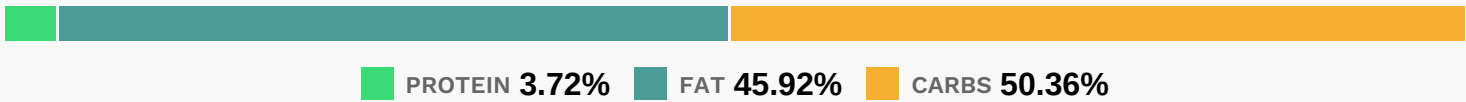
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350F (325F for dark or nonstick pans). Grease bottoms only of two 8- or 9-inch round cake pans with shortening (do not use cooking spray).
- ☐ Make, bake and cool cake as directed on box for 8- or 9-inch rounds. Refrigerate layers 45 minutes for easier handling.
- ☐ Meanwhile, in large bowl, beat cream cheese, milk and 1 tablespoon lemon peel with electric mixer on low speed until smooth. Beat in whipping cream and powdered sugar. Beat on high speed, scraping bowl occasionally, until stiff peaks form.
- ☐ Slice each cake layer in half horizontally to make a total of 4 layers. (To cut, mark side of cake with toothpicks and cut with long, thin knife.) Fill each layer with 1/2 cup whipped cream mixture. Frost side and top of cake with remaining whipped cream mixture.
- ☐ Garnish with additional lemon twist. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:7.54, Glycemic Load:0.24, Inflammation Score:-5, Nutrition Score:5.530434826146%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 347.17kcal (17.36%), Fat: 18.02g (27.72%), Saturated Fat: 11.28g (70.49%), Carbohydrates: 44.47g (14.82%), Net Carbohydrates: 43.7g (15.89%), Sugar: 26.85g (29.84%), Cholesterol: 52.13mg (17.38%), Sodium: 347.39mg (15.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.56%), Phosphorus: 166.59mg (16.66%), Vitamin A: 682.1IU (13.64%), Calcium: 128.05mg (12.81%), Vitamin B2: 0.2mg (11.48%), Folate: 32.36µg (8.09%), Vitamin B1: 0.11mg (7.53%), Vitamin C: 4.59mg (5.57%), Vitamin E: 0.83mg (5.56%), Iron: 0.99mg (5.52%), Vitamin B3: 1.04mg (5.2%), Selenium: 3.19µg (4.55%), Vitamin D: 0.65µg (4.32%), Manganese: 0.09mg (4.29%), Vitamin B5: 0.32mg (3.18%), Fiber: 0.77g (3.06%), Vitamin B6: 0.06mg (2.91%), Vitamin K: 2.67µg (2.54%), Potassium: 79.76mg (2.28%), Vitamin B12: 0.13µg (2.15%), Magnesium: 8.51mg (2.13%), Copper: 0.04mg (2.01%), Zinc: 0.26mg (1.72%)