



Lemon Verbena-Walnut Loaf Cake

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



243 kcal

DESSERT

Ingredients

- 0.3 cup apple sauce
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup brown sugar packed
- 0.3 cup canola oil
- 3 large egg whites
- 9 ounces flour all-purpose
- 0.5 cup granulated sugar

- 2 tablespoons juice of lemon fresh
- 0.5 teaspoon lemon zest grated
- 0.8 cup powdered sugar
- 0.3 teaspoon salt
- 4 ginger tea bags
- 0.5 cup walnut pieces toasted chopped
- 0.5 cup water boiling

Equipment

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

Directions

- Preheat oven to 35
- To prepare cake, pour 1/2 cup boiling water over tea bags in a bowl; steep 5 minutes.
- Remove and discard tea bags; cool tea to room temperature.
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, baking powder, baking soda, and salt, stirring with a whisk.
- Place egg whites in a large bowl; beat with a mixer at high speed until foamy.
- Add granulated sugar and brown sugar; beat well.
- Add brewed tea, applesauce, and canola oil; beat until well blended. Gradually add flour mixture; beat just until moist. Fold in walnuts.

- Pour batter into an 8 x 4-inch loaf pan coated with cooking spray.
- Bake at 350 for 50 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 15 minutes on a wire rack; remove from pan. Cool completely on wire rack.
- To prepare glaze, combine powdered sugar and rind in a small bowl.
- Add juice, stirring with a whisk until smooth.
- Drizzle glaze over cake; let stand until set.

Nutrition Facts



PROTEIN 6.25% FAT 29.48% CARBS 64.27%

Properties

Glycemic Index:21.42, Glycemic Load:17.71, Inflammation Score:-2, Nutrition Score:5.0408696060919%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 242.91kcal (12.15%), Fat: 8.11g (12.47%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 39.78g (13.26%), Net Carbohydrates: 38.78g (14.1%), Sugar: 22.53g (25.03%), Cholesterol: 0mg (0%), Sodium: 146.2mg (6.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.73%), Manganese: 0.32mg (15.95%), Selenium: 9.29µg (13.27%), Vitamin B1: 0.19mg (12.42%), Folate: 44.79µg (11.2%), Vitamin B2: 0.15mg (9.06%), Iron: 1.24mg (6.9%), Vitamin B3: 1.33mg (6.67%), Copper: 0.12mg (5.9%), Vitamin E: 0.88mg (5.86%), Phosphorus: 49.16mg (4.92%), Fiber: 0.99g (3.97%), Magnesium: 14.39mg (3.6%), Calcium: 34.22mg (3.42%), Vitamin K: 3.56µg (3.39%), Potassium: 73.94mg (2.11%), Vitamin B6: 0.04mg (2.08%), Zinc: 0.31mg (2.07%), Vitamin B5: 0.15mg (1.51%), Vitamin C: 1.21mg (1.46%)