



WHATSheATE

Lemon Yogurt Cake



Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



348 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup confectioners' sugar
- ☐ 3 extra large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup juice of lemon freshly squeezed
- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 2 teaspoons lemon zest grated (2 lemons)

- ☐ 1 cup whole-milk yogurt plain
- ☐ 1.3 cups sugar divided
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 0.5 cup vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F. Grease an 8 1/2 by 4 1/4 by 2 1/2-inch loaf pan. Line the bottom with parchment paper. Grease and flour the pan.
- ☐ Sift together the flour, baking powder, and salt into 1 bowl. In another bowl, whisk together the yogurt, 1 cup sugar, the eggs, lemon zest, and vanilla. Slowly whisk the dry ingredients into the wet ingredients. With a rubber spatula, fold the vegetable oil into the batter, making sure it's all incorporated.
- ☐ Pour the batter into the prepared pan and bake for about 50 minutes, or until a cake tester placed in the center of the loaf comes out clean.
- ☐ Meanwhile, cook the 1/3 cup lemon juice and remaining 1/3 cup sugar in a small pan until the sugar dissolves and the mixture is clear. Set aside.
- ☐ When the cake is done, allow it to cool in the pan for 10 minutes. Carefully place on a baking rack over a sheet pan. While the cake is still warm, pour the lemon-sugar mixture over the cake and allow it to soak in. Cool.
- ☐ For the glaze, combine the confectioners' sugar and lemon juice and pour over the cake.

Nutrition Facts



 **PROTEIN 7.78%**  **FAT 13.11%**  **CARBS 79.11%**

Properties

Glycemic Index:29.64, Glycemic Load:36.46, Inflammation Score:-2, Nutrition Score:7.7030435334081%

Flavonoids

Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 2.01mg, Hesperetin: 2.01mg, Hesperetin: 2.01mg, Hesperetin: 2.01mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 347.81kcal (17.39%), Fat: 5.15g (7.92%), Saturated Fat: 1.15g (7.19%), Carbohydrates: 69.91g (23.3%), Net Carbohydrates: 69.18g (25.16%), Sugar: 50.83g (56.48%), Cholesterol: 78.73mg (26.24%), Sodium: 306.04mg (13.31%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 6.88g (13.76%), Selenium: 15.8µg (22.58%), Vitamin B2: 0.3mg (17.37%), Folate: 59.28µg (14.82%), Vitamin B1: 0.21mg (14.05%), Phosphorus: 138.07mg (13.81%), Calcium: 137.09mg (13.71%), Iron: 1.64mg (9.09%), Manganese: 0.17mg (8.6%), Vitamin C: 6.31mg (7.64%), Vitamin B3: 1.45mg (7.27%), Vitamin B5: 0.64mg (6.41%), Vitamin B12: 0.37µg (6.23%), Zinc: 0.75mg (4.97%), Vitamin K: 5.21µg (4.96%), Potassium: 148.85mg (4.25%), Magnesium: 14.71mg (3.68%), Vitamin B6: 0.07mg (3.48%), Vitamin E: 0.48mg (3.2%), Copper: 0.06mg (3%), Fiber: 0.73g (2.92%), Vitamin D: 0.42µg (2.8%), Vitamin A: 116.63IU (2.33%)