



Lemon-Yogurt Snack Cake

 Vegetarian

READY IN



65 min.

SERVINGS



10

CALORIES



226 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 3 tablespoons cornmeal
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon lemon zest grated
- ☐ 0.8 cup yogurt plain low-fat

- ☐ 2 teaspoons poppy seeds
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil

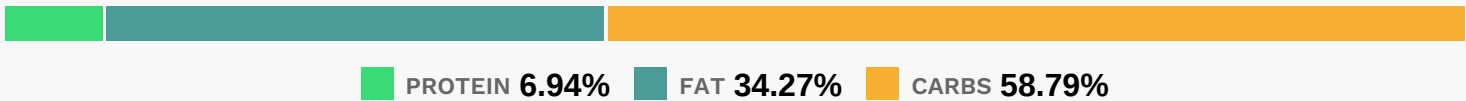
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan

Directions

- ☐ Preheat oven to 350F and grease a 9-by-5-inch loaf pan. In a bowl, sift together flour, cornmeal, baking powder, baking soda and salt. Stir in poppy seeds. In a second bowl, whisk together sugar, lemon zest and juice, yogurt, oil, egg and vanilla. Stir flour mixture into yogurt mixture until just combined.
- ☐ Pour batter into prepared pan and bake for 45 to 50 minutes, or until a tester inserted into center of cake comes out clean.
- ☐ Transfer cake to a wire rack and let cool 10 minutes, then turn out of pan onto rack and let cool completely.

Nutrition Facts



Properties

Glycemic Index:31.06, Glycemic Load:22.23, Inflammation Score:-2, Nutrition Score:5.5773913108784%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 226.05kcal (11.3%), Fat: 8.7g (13.39%), Saturated Fat: 1.54g (9.62%), Carbohydrates: 33.59g (11.2%), Net Carbohydrates: 32.6g (11.85%), Sugar: 16.6g (18.45%), Cholesterol: 19.7mg (6.57%), Sodium: 206.91mg (9%), Alcohol: 0.07g (100%), Alcohol %: 0.12% (100%), Protein: 3.97g (7.93%), Vitamin K: 13.48µg (12.84%), Selenium: 8.86µg (12.66%), Vitamin B1: 0.17mg (11.55%), Folate: 41.49µg (10.37%), Manganese: 0.19mg (9.58%), Vitamin B2: 0.16mg (9.57%), Phosphorus: 77.92mg (7.79%), Calcium: 72.96mg (7.3%), Iron: 1.18mg (6.58%), Vitamin B3: 1.22mg (6.1%), Vitamin E: 0.7mg (4.64%), Vitamin C: 3.29mg (3.99%), Fiber: 0.99g (3.95%), Magnesium: 13.73mg (3.43%), Zinc: 0.51mg (3.38%), Vitamin B5: 0.3mg (2.97%), Copper: 0.05mg (2.64%), Potassium: 91.88mg (2.63%), Vitamin B12: 0.15µg (2.46%), Vitamin B6: 0.05mg (2.44%)