



Linda's Lemon Drizzle Cake

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



449 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 stick butter softened plus more for greasing the pan
- ☐ 2 large eggs free-range beaten
- ☐ 3 juice of lemon finely grated
- ☐ 0.3 cup milk
- ☐ 1.5 cups rice flour light all-purpose
- ☐ 0.5 cup sugar sifted
- ☐ 0.8 cup caster sugar

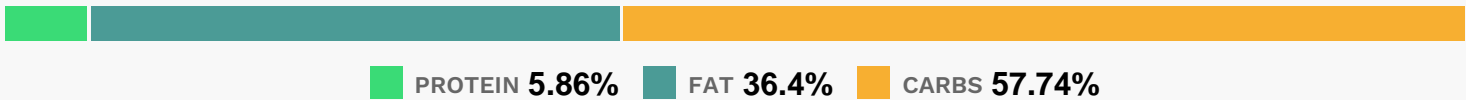
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ loaf pan
- ☐ hand mixer
- ☐ wooden spoon
- ☐ skewers

Directions

- ☐ Preheat the oven to 350°F. Butter and flour a 9-inch non-stick loaf pan.
- ☐ In a medium mixing bowl, cream the butter and sugar together with a wooden spoon (or use an electric mixer). Gradually beat in the eggs and mix until light and fluffy. Stir in the lemon zest, flour, and baking powder, and mix well.
- ☐ Add 2 tablespoons of the lemon juice and mix well again. Then beat in the milk.
- ☐ Pour the cake batter evenly into the prepared loaf pan and bake for 45 minutes.
- ☐ In the meantime, mix the remaining lemon juice and the confectioner's sugar together in a small bowl to make a glaze.
- ☐ When it's ready, take the cake out of the oven and cool in the pan for 5 minutes. Then turn it out onto a plate. Pierce the top of the cake all over with a thin skewer. Spoon the lemon glaze carefully and evenly over the cake until all of it is absorbed. Ready to eat.
- ☐ Reprinted with permission from FOOD: Vegetarian Home Cooking © 2012 by Mary McCartney, Sterling Epicure, an imprint of Sterling Publishing Co., Inc. Photography by Mary McCartney.

Nutrition Facts



Properties

Glycemic Index:53.36, Glycemic Load:29.61, Inflammation Score:-3, Nutrition Score:4.6347826939562%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 449.39kcal (22.47%), Fat: 18.35g (28.23%), Saturated Fat: 10.4g (64.98%), Carbohydrates: 65.51g (21.84%), Net Carbohydrates: 61.46g (22.35%), Sugar: 42.52g (47.25%), Cholesterol: 103.71mg (34.57%), Sodium: 291.53mg (12.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.65g (13.29%), Fiber: 4.05g (16.19%), Vitamin A: 578.02IU (11.56%), Iron: 1.92mg (10.64%), Calcium: 106.02mg (10.6%), Selenium: 5.77µg (8.24%), Phosphorus: 78.2mg (7.82%), Vitamin C: 5.8mg (7.04%), Vitamin B2: 0.11mg (6.28%), Vitamin E: 0.64mg (4.26%), Vitamin B12: 0.24µg (3.92%), Vitamin B5: 0.33mg (3.34%), Vitamin D: 0.45µg (2.97%), Folate: 11.4µg (2.85%), Vitamin B6: 0.04mg (2.1%), Zinc: 0.29mg (1.9%), Potassium: 59.32mg (1.69%), Vitamin K: 1.4µg (1.33%), Magnesium: 4.86mg (1.21%), Vitamin B1: 0.02mg (1.13%)