



Lovely Lemon Loaf

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



414 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 4 eggs plus 1 egg yolk at room temperature
- 1.5 cups flour all-purpose
- 2 tablespoons juice of lemon fresh
- 1 tablespoon lemon zest fresh finely grated
- 3 tablespoons milk
- 0.5 teaspoon salt
- 2 cups sugar

- 6 oz butter unsalted softened
- 1 teaspoon vanilla extract pure

Equipment

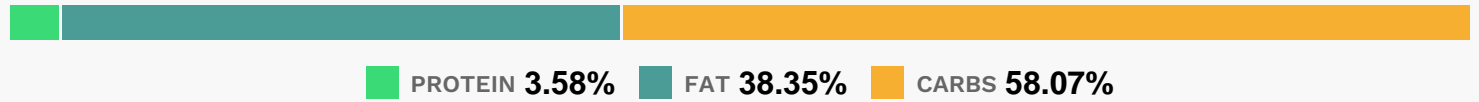
- bowl
- frying pan
- baking paper
- oven
- whisk
- loaf pan
- hand mixer
- toothpicks
- wax paper

Directions

- Preheat oven to 350F. Butter a 9-by-5-inch loaf pan, then line with an 18-inch-long sheet of parchment or wax paper (letting ends hang over long sides of pan). Butter parchment.
- Using an electric mixer, cream butter, 1 1/2 cups sugar and lemon peel at high speed for 5 minutes.
- Add eggs and yolk one at a time, beating well after each addition. Beat in milk, 2 Tbsp. lemon juice, vanilla extract, baking powder and salt at medium speed.
- Mix in flour at low speed until batter is smooth. Scrape batter into pan, smooth top and bake until a tester comes out clean, about 1 hour.
- Meanwhile, make glaze: In a small bowl, whisk remaining 1/2 cup sugar and 1/2 cup lemon juice until sugar dissolves.
- Let cake cool in pan for 10 minutes, and then grasp parchment paper on sides to transfer cake to a rack. Prick top of cake all over with a toothpick.
- Brush one-quarter of glaze on loaf; let sit for 5 minutes. Repeat two times (reserving last quarter of glaze) and then let cake cool completely.
- Remove cake from paper and place it on a platter.

Brush top with remaining glaze. Sift confectioners' sugar over top if desired.

Nutrition Facts



Properties

Glycemic Index:30.57, Glycemic Load:42.73, Inflammation Score:-4, Nutrition Score:5.6908696164256%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 413.78kcal (20.69%), Fat: 17.97g (27.64%), Saturated Fat: 10.6g (66.25%), Carbohydrates: 61.21g (20.4%), Net Carbohydrates: 60.57g (22.02%), Sugar: 44.88g (49.86%), Cholesterol: 127.63mg (42.54%), Sodium: 185.1mg (8.05%), Alcohol: 0.15g (100%), Alcohol %: 0.19% (100%), Protein: 3.77g (7.54%), Selenium: 12.1µg (17.29%), Folate: 51.13µg (12.78%), Vitamin B1: 0.18mg (12.17%), Vitamin A: 596.3IU (11.93%), Vitamin B2: 0.17mg (9.9%), Manganese: 0.15mg (7.55%), Phosphorus: 73.4mg (7.34%), Iron: 1.27mg (7.05%), Vitamin B3: 1.25mg (6.26%), Calcium: 51.91mg (5.19%), Vitamin D: 0.77µg (5.14%), Vitamin E: 0.67mg (4.44%), Vitamin B5: 0.38mg (3.77%), Vitamin B12: 0.22µg (3.59%), Vitamin C: 2.15mg (2.61%), Fiber: 0.64g (2.58%), Zinc: 0.38mg (2.51%), Copper: 0.04mg (2.2%), Vitamin B6: 0.04mg (2.18%), Magnesium: 6.44mg (1.61%), Potassium: 49.21mg (1.41%), Vitamin K: 1.46µg (1.39%)