



Meyer Lemon Cake



Vegetarian



Popular

READY IN



65 min.

SERVINGS



8

CALORIES



269 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 2 large eggs at room temperature
- ☐ 6 grams lemon zest finely grated (3 lemons)
- ☐ 0.3 cup meyer lemon juice
- ☐ 2 teaspoons meyer lemon juice

- ☐ 0.5 cup yogurt plain
- ☐ 0.5 cup powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 8 tablespoons butter at room temperature unsalted
- ☐ 0.5 teaspoon vanilla extract

Equipment

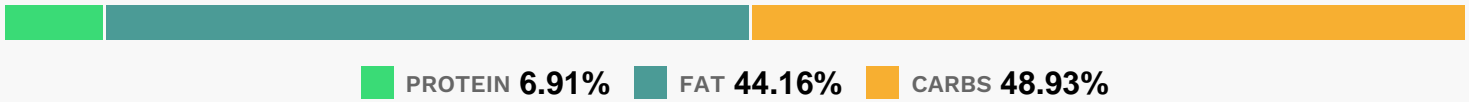
- ☐ bowl
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat the oven to 350 degrees F. Grease and flour a 8-inch by 4 1/4-inch loaf pan, or you can line it with parchment paper.
- ☐ Whisk together the flour, baking powder, baking soda and salt in a bowl to combine. In a separate bowl, whisk together the eggs, yogurt, lemon juice and vanilla extract. In a mixer fitted with the paddle attachment, cream the butter, sugar and lemon zest for 5 minutes on medium speed.
- ☐ Add the 1/3 of the flour mixture to the mixer and mix until combined.
- ☐ Add 1/2 of the yogurt mixture and mix until combined.
- ☐ Add another 1/3 of the flour mixture and mix until combined.
- ☐ Add the rest of the yogurt mixture and mix until combined. Finish by adding the remaining flour and mix until combined.

- ☐ Add the batter into the prepared loaf pan and bake until a toothpick inserted into the center comes out clean (about 50–55 minutes).While the cake bakes, make the Meyer lemon simple syrup by mixing the sugar and lemon juice in a small nonreactive saucepan and heat while stirring until the sugar dissolves. When the cake is done, slowly pour or spoon the syrup over the cake while it is still hot. Make sure you let each addition of syrup soak in before adding more.
- ☐ Let the cake cool for 10 minutes and then turn it out onto a wire rack to cool completely. For the glaze, whisk the powdered sugar together with 2 teaspoons of lemon juice until there are no lumps. The glaze should be thin enough to pour, but thick enough that it's not runny. Adjust the viscosity with more powdered sugar or lemon juice.
- ☐ Drizzle this over the cooled cake, allowing it to run down the sides.
- ☐ Let the glaze set before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:35.2, Glycemic Load:17.51, Inflammation Score:-4, Nutrition Score:5.8178259859914%

Flavonoids

Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg Hesperetin: 1.49mg, Hesperetin: 1.49mg, Hesperetin: 1.49mg, Hesperetin: 1.49mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 269.17kcal (13.46%), Fat: 13.32g (20.48%), Saturated Fat: 7.94g (49.65%), Carbohydrates: 33.19g (11.06%), Net Carbohydrates: 32.51g (11.82%), Sugar: 14.68g (16.31%), Cholesterol: 78.59mg (26.2%), Sodium: 160.51mg (6.98%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Protein: 4.69g (9.37%), Selenium: 12.35µg (17.65%), Vitamin B1: 0.2mg (13.11%), Folate: 52.12µg (13.03%), Vitamin B2: 0.2mg (11.98%), Vitamin A: 433.22IU (8.66%), Manganese: 0.17mg (8.36%), Iron: 1.36mg (7.58%), Phosphorus: 74.29mg (7.43%), Vitamin B3: 1.42mg (7.1%), Calcium: 48.03mg (4.8%), Vitamin C: 3.91mg (4.74%), Vitamin B5: 0.38mg (3.82%), Vitamin E: 0.49mg (3.29%), Vitamin B12: 0.19µg (3.2%), Vitamin D: 0.48µg (3.17%), Zinc: 0.44mg (2.9%), Fiber: 0.68g (2.72%), Copper: 0.05mg (2.46%), Magnesium: 9.47mg (2.37%), Potassium: 80.31mg (2.29%), Vitamin B6: 0.04mg (2.08%), Vitamin K: 1.12µg (1.07%)