



Meyer-lemon Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



324 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon butter (for greasing pan)
- ☐ 0.3 cup crystallized ginger diced finely
- ☐ 5 eggs separated
- ☐ 0.5 cup flour all-purpose
- ☐ 1 pound meyer lemons plus 1 tbsp. meyer lemon juice and 10 meyer lemon fresh for garnish thin (see Notes)
- ☐ 0.5 cup powdered sugar

- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups sugar
- ☐ 1.5 cups almonds whole

Equipment

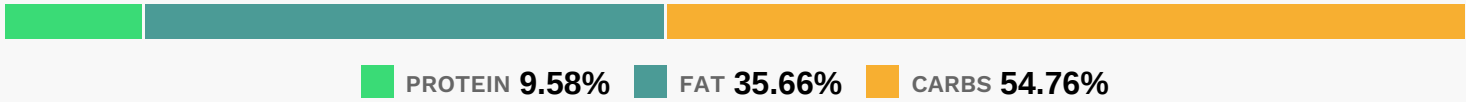
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot

Directions

- ☐ Put whole lemons in a large pot over high heat, cover with cold water, and bring to a boil. Lower heat to medium and simmer until soft, about 30 minutes.
- ☐ Drain; transfer to a bowl of ice water. When lemons are cool, cut into quarters and gently remove seeds, retaining as much juice as possible. Whirl lemons in a food processor until they become a smooth, thick pure.
- ☐ Meanwhile, preheat oven to 35
- ☐ Butter and flour a 9-in. pan with a removable rim. In a food processor, pulse almonds until nuts resemble coarse cornmeal. Put in a large bowl and add 1/2 cup flour, baking powder, and salt. Stir to combine.
- ☐ In another large bowl, whisk together egg yolks and sugar until thick and pale yellow. Stir in lemon pure and almond extract.
- ☐ Add almond mixture and stir to combine. Stir in candied ginger. Set aside.
- ☐ In another large bowl, beat egg whites to form firm peaks. Gently fold egg whites into batter.
- ☐ Spread batter in prepared pan.
- ☐ Bake until edges of cake begin to pull away from the sides of the pan, about 1 hour. Cool on a rack for 15 minutes, then remove from pan and cool completely.
- ☐ In a small bowl, combine powdered sugar and lemon juice.

- ☐ Spread glaze over cake.
- ☐ Garnish with lemon slices and serve.

Nutrition Facts



Properties

Glycemic Index:29.71, Glycemic Load:21.2, Inflammation Score:-4, Nutrition Score:11.155652299523%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Eriodictyol: 2.27mg, Eriodictyol: 2.27mg, Eriodictyol: 2.27mg, Eriodictyol: 2.27mg Hesperetin: 6.56mg, Hesperetin: 6.56mg, Hesperetin: 6.56mg, Hesperetin: 6.56mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 323.59kcal (16.18%), Fat: 13.45g (20.69%), Saturated Fat: 1.79g (11.18%), Carbohydrates: 46.47g (15.49%), Net Carbohydrates: 43.49g (15.81%), Sugar: 35.67g (39.63%), Cholesterol: 82.92mg (27.64%), Sodium: 194.84mg (8.47%), Alcohol: 0.07g (100%), Alcohol %: 0.07% (100%), Protein: 8.13g (16.26%), Vitamin E: 5.81mg (38.7%), Manganese: 0.55mg (27.32%), Vitamin B2: 0.39mg (22.88%), Vitamin C: 17.55mg (21.28%), Phosphorus: 166.01mg (16.6%), Magnesium: 64.8mg (16.2%), Selenium: 9.99µg (14.27%), Copper: 0.26mg (12.77%), Fiber: 2.99g (11.95%), Folate: 40.3µg (10.08%), Calcium: 97.71mg (9.77%), Iron: 1.57mg (8.71%), Vitamin B1: 0.11mg (7.52%), Potassium: 242.14mg (6.92%), Zinc: 1.02mg (6.82%), Vitamin B3: 1.2mg (6.02%), Vitamin B5: 0.53mg (5.25%), Vitamin B6: 0.09mg (4.52%), Vitamin B12: 0.2µg (3.28%), Vitamin D: 0.44µg (2.93%), Vitamin A: 134.23IU (2.68%)