



Nathan's Lemon Cake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



319 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 3 large eggs
- 2 tablespoons flour all-purpose
- 9 ounces flour all-purpose
- 1.5 cups granulated sugar
- 0.3 cup juice of lemon fresh
- 2 tablespoons juice of lemon fresh

- 1 tablespoon lemon rind
- 2 tablespoons lemon rind finely grated
- 1 cup nonfat buttermilk
- 3 cups powdered sugar
- 0.5 teaspoon salt
- 0.3 cup butter unsalted melted
- 0.5 cup butter unsalted softened

Equipment

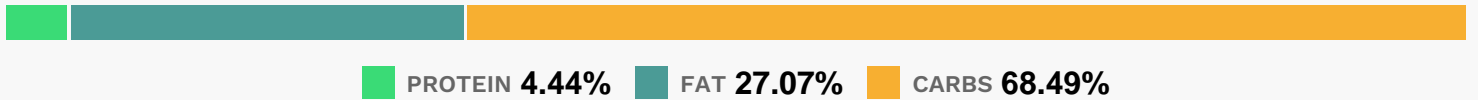
- bowl
- oven
- knife
- whisk
- wire rack
- blender
- wax paper
- measuring cup

Directions

- Preheat oven to 35
- To prepare cake, coat 2 (8-inch) round cake pans with cooking spray; line bottoms of pans with wax paper. Coat wax paper with cooking spray. Dust pans with 2 tablespoons flour, and set aside.
- Lightly spoon 2 cups flour into dry measuring cups, and level with a knife.
- Combine 2 cups flour, baking powder, baking soda, and salt, stirring with a whisk.
- Place granulated sugar and 1/2 cup butter in a large bowl; beat with a mixer at medium speed until well blended (about 5 minutes).
- Add eggs, one at a time, beating well after each addition.
- Add flour mixture and nonfat buttermilk alternately to sugar mixture, beginning and ending with the flour mixture. Beat in 2 tablespoons lemon rind and 2 tablespoons lemon juice.

- Pour batter into prepared pans; sharply tap pans once on counter to remove air bubbles.
- Bake at 350 for 32 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes on a wire rack; remove from pans. Cool completely on wire rack; remove wax paper from cake layers.
- To prepare icing, combine powdered sugar and the remaining ingredients (except lemon rind strips) in a large bowl; stir with a whisk until smooth.
- Place 1 cake layer on a plate; spread half of icing on top of cake. Top with remaining cake layer.
- Spread remaining half of icing over top of cake.
- Garnish with lemon rind strips, if desired. Store cake loosely covered in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:22.41, Inflammation Score:0, Nutrition Score:4.1695652319037%

Flavonoids

Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg 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: 318.51kcal (15.93%), Fat: 9.77g (15.02%), Saturated Fat: 5.79g (36.18%), Carbohydrates: 55.58g (18.53%), Net Carbohydrates: 54.98g (19.99%), Sugar: 41.73g (46.37%), Cholesterol: 58.05mg (19.35%), Sodium: 136.28mg (5.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.21%), Selenium: 8.97µg (12.81%), Vitamin B1: 0.14mg (9.26%), Folate: 36.91µg (9.23%), Vitamin B2: 0.14mg (8.2%), Vitamin A: 317.44IU (6.35%), Manganese: 0.12mg (6.09%), Phosphorus: 57.11mg (5.71%), Iron: 1.01mg (5.59%), Vitamin B3: 1.02mg (5.09%), Vitamin C: 3.83mg (4.64%), Calcium: 25.39mg (2.54%), Vitamin E: 0.37mg (2.45%), Vitamin B5: 0.24mg (2.4%), Fiber: 0.6g (2.39%), Vitamin D: 0.35µg (2.31%), Potassium: 67.31mg (1.92%), Copper: 0.04mg (1.89%), Zinc: 0.26mg (1.74%), Vitamin B12: 0.1µg (1.69%), Magnesium: 5.64mg (1.41%), Vitamin B6: 0.03mg (1.41%)