



Orange Sponge Cake



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



212 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 3 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 6 tablespoons orange juice
- ☐ 1 tablespoon orange zest
- ☐ 1 cup sugar white

Equipment

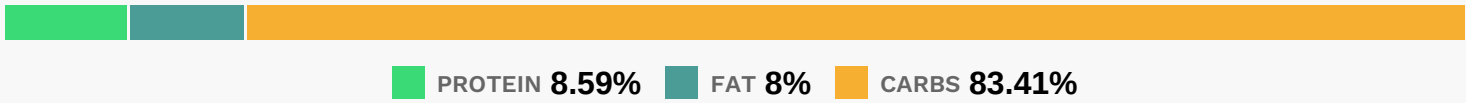
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Grease and flour one 9 inch round pan.
- ☐ Separate the eggs while cold, then bring to room temperature.
- ☐ Beat egg yolks, sugar and grated orange rind until light and fluffy.
- ☐ Mix flour and baking powder together. Alternately add flour mixture and orange juice to the egg yolk mixture.
- ☐ In a separate large CLEAN bowl, with a CLEAN whisk or beaters, beat egg whites to stiff peaks, and fold into batter.
- ☐ Pour batter into prepared pan and bake at 325 degrees F (165 degrees C) for 50 to 60 minutes.

Nutrition Facts



Properties

Glycemic Index:36.14, Glycemic Load:31.32, Inflammation Score:-2, Nutrition Score:5.8147826039273%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 212.15kcal (10.61%), Fat: 1.91g (2.93%), Saturated Fat: 0.56g (3.48%), Carbohydrates: 44.69g (14.9%), Net Carbohydrates: 43.95g (15.98%), Sugar: 26.15g (29.05%), Cholesterol: 61.38mg (20.46%), Sodium: 130.3mg (5.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.2%), Selenium: 13.18µg (18.83%), Folate: 54.7µg (13.67%), Vitamin B1: 0.2mg (13.53%), Vitamin B2: 0.2mg (11.79%), Vitamin C: 7.39mg (8.96%), Iron: 1.53mg (8.5%), Manganese: 0.17mg (8.37%), Phosphorus: 82.22mg (8.22%), Calcium: 74.38mg (7.44%), Vitamin B3: 1.45mg (7.27%), Vitamin B5: 0.38mg (3.84%), Fiber: 0.74g (2.96%), Copper: 0.05mg (2.69%), Zinc: 0.39mg (2.59%), Vitamin B12: 0.15µg (2.45%), Vitamin A: 117.75IU (2.36%), Magnesium: 8.97mg (2.24%), Vitamin B6: 0.04mg (2.24%), Vitamin D:

0.33µg (2.2%), Potassium: 75.64mg (2.16%), Vitamin E: 0.19mg (1.3%)