



Passover Lemon Sponge Cake

 Dairy Free

READY IN



145 min.

SERVINGS



10

CALORIES



268 kcal

DESSERT

Ingredients

- ☐ 12 eggs separated room temperature
- ☐ 1 lemon zest
- ☐ 1 cup matzo cake meal
- ☐ 0.5 cup orange juice
- ☐ 1 orange zest
- ☐ 0.3 cup potato flour
- ☐ 1 pinch salt
- ☐ 1.5 cups sugar white

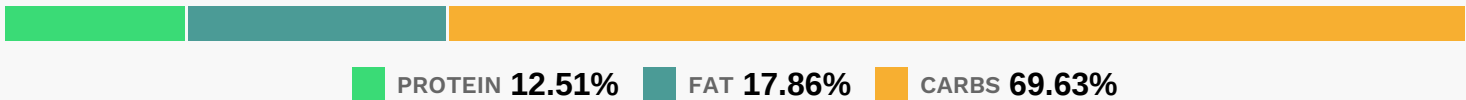
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer
- ☐ cake form
- ☐ spatula

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Grease a 10-inch angel food cake pan.
- ☐ Beat the egg yolks into a mixing bowl with an electric mixer until frothy. Gradually add the sugar until completely incorporated. Beat in the orange juice, lemon zest, and orange zest. Sift the potato flour and matzo cake meal together in a bowl; gently stir into the egg yolk mixture.
- ☐ Beat the egg whites in a bowl with the salt using an electric mixer on high speed until stiff and shiny. Use a rubber spatula to fold 1/3 of the beaten egg whites into the egg yolk mixture. Gently run the spatula through the center of the mixture, then around the sides of the bowl, repeating until fully incorporated.
- ☐ Add the remaining egg whites, folding until just incorporated. Gently pour the batter into the prepared angel food cake pan.
- ☐ Bake in the preheated oven until the cake is set and lightly browned, about 1 hour.
- ☐ Remove from oven, invert the pan, and let cool completely before removing the cake from the pan.

Nutrition Facts



Properties

Glycemic Index:12.21, Glycemic Load:21.6, Inflammation Score:-2, Nutrition Score:7.3895651963742%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg 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: 267.61kcal (13.38%), Fat: 5.36g (8.24%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 46.99g (15.66%), Net Carbohydrates: 46.12g (16.77%), Sugar: 31.38g (34.87%), Cholesterol: 196.42mg (65.47%), Sodium: 81.55mg (3.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.44g (16.89%), Selenium: 21.63µg (30.9%), Vitamin B2: 0.3mg (17.36%), Phosphorus: 126.16mg (12.62%), Vitamin C: 8.76mg (10.62%), Vitamin B5: 0.92mg (9.22%), Iron: 1.48mg (8.2%), Folate: 32.35µg (8.09%), Vitamin B12: 0.47µg (7.83%), Vitamin B6: 0.14mg (7.24%), Vitamin D: 1.06µg (7.04%), Vitamin B1: 0.1mg (6.49%), Vitamin A: 315.26IU (6.31%), Manganese: 0.12mg (6.06%), Zinc: 0.81mg (5.41%), Potassium: 157.49mg (4.5%), Vitamin B3: 0.79mg (3.94%), Vitamin E: 0.58mg (3.88%), Calcium: 38.39mg (3.84%), Magnesium: 14.15mg (3.54%), Fiber: 0.87g (3.49%), Copper: 0.06mg (3.18%)