



Rainbow Citrus Cake

READY IN



75 min.

SERVINGS



8

CALORIES



650 kcal

DESSERT

Ingredients

- ☐ 5 teaspoons double-acting baking powder
- ☐ 4 eggs
- ☐ 3.5 cups flour all-purpose
- ☐ 2 drops food coloring green
- ☐ 2 teaspoons lemon zest grated
- ☐ 2 teaspoons lime zest grated
- ☐ 1.5 cups milk
- ☐ 2 drops orange food coloring
- ☐ 2 teaspoons orange zest grated

- ☐ 1 teaspoon salt
- ☐ 0.8 cup shortening
- ☐ 2 teaspoons vanilla extract
- ☐ 2.3 cups sugar white
- ☐ 2 drops food coloring yellow

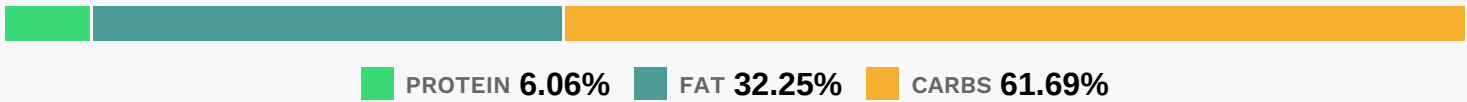
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour 3 (9 inch) pans. Sift together the flour, baking powder, and salt. Set aside.
- ☐ In a large bowl, cream together the shortening and sugar until light and fluffy. Beat in the eggs one at a time, then stir in the vanilla. Beat in the flour mixture alternately with the milk. Divide batter into 3 bowls.
- ☐ In first bowl, stir in lemon zest and yellow food coloring; pour into prepared pan. In second bowl, Stir in orange zest and orange food coloring; pour into second prepared pan. In third bowl Stir in lime zest and green food coloring; pour into third prepared pan.
- ☐ Bake in the preheated oven for 30 minutes, or until a toothpick inserted into the center of the cake comes out clean.
- ☐ Let cool in pan for 5 minutes, then turn out onto a wire rack and cool completely.
- ☐ Assemble the cake: Put layers together with Lemon Filling. Frost sides and top with Orange Cream Frosting. Refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:38.39, Glycemic Load:70.92, Inflammation Score:-4, Nutrition Score:13.039130480393%

Flavonoids

Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 649.5kcal (32.48%), Fat: 23.5g (36.15%), Saturated Fat: 6.43g (40.18%), Carbohydrates: 101.13g (33.71%), Net Carbohydrates: 99.53g (36.19%), Sugar: 58.72g (65.25%), Cholesterol: 87.33mg (29.11%), Sodium: 606.88mg (26.39%), Alcohol: 0.34g (100%), Alcohol %: 0.21% (100%), Protein: 9.94g (19.88%), Selenium: 26.52µg (37.88%), Vitamin B1: 0.47mg (31.25%), Folate: 110.67µg (27.67%), Vitamin B2: 0.45mg (26.26%), Calcium: 226.38mg (22.64%), Phosphorus: 203.92mg (20.39%), Manganese: 0.39mg (19.33%), Iron: 3.25mg (18.08%), Vitamin B3: 3.31mg (16.53%), Vitamin K: 10.59µg (10.09%), Vitamin E: 1.47mg (9.79%), Vitamin B5: 0.88mg (8.84%), Vitamin B12: 0.44µg (7.38%), Fiber: 1.6g (6.41%), Vitamin D: 0.94µg (6.29%), Zinc: 0.87mg (5.77%), Magnesium: 21.18mg (5.29%), Copper: 0.1mg (5.07%), Potassium: 163.04mg (4.66%), Vitamin B6: 0.09mg (4.59%), Vitamin A: 195.51IU (3.91%), Vitamin C: 1.47mg (1.78%)