



Rosemary-Lemon Cake With Currants

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



196 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup currants
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 1 cup flour all-purpose

- ☐ 1 teaspoon rosemary fresh
- ☐ 3 tablespoons juice of lemon
- ☐ 2 teaspoons lemon rind grated
- ☐ 3 tablespoons olive oil
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 0.5 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ springform pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 5 ingredients in a bowl; set aside.
- ☐ Combine 1/2 cup sugar and oil in a large bowl; beat at high speed of a mixer 2 minutes.
- ☐ Add yogurt, extracts, egg, and egg white; beat 1 minute.
- ☐ Add flour mixture; beat at low speed until well-blended. Fold in rind and currants.
- ☐ Pour batter into a 9-inch springform pan coated with cooking spray.
- ☐ Bake at 350 for 25 minutes or until golden and cake springs back when touched lightly in center.
- ☐ Remove from oven. Pierce cake with a fork.
- ☐ Combine 2 tablespoons sugar and lemon juice; spoon over cake. Cool on a wire rack.

Nutrition Facts



 PROTEIN 7.28%  FAT 27.62%  CARBS 65.1%

Properties

Glycemic Index:41.52, Glycemic Load:20.39, Inflammation Score:-1, Nutrition Score:4.4460869690646%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 195.64kcal (9.78%), Fat: 6.1g (9.38%), Saturated Fat: 0.96g (6.02%), Carbohydrates: 32.34g (10.78%), Net Carbohydrates: 31.65g (11.51%), Sugar: 19.36g (21.51%), Cholesterol: 23.45mg (7.82%), Sodium: 149.75mg (6.51%), Alcohol: 0.13g (100%), Alcohol %: 0.24% (100%), Protein: 3.62g (7.24%), Selenium: 8.54µg (12.2%), Vitamin B2: 0.16mg (9.34%), Vitamin B1: 0.14mg (9.27%), Folate: 34.57µg (8.64%), Manganese: 0.13mg (6.64%), Phosphorus: 61.85mg (6.18%), Calcium: 61.11mg (6.11%), Iron: 1.03mg (5.74%), Vitamin E: 0.85mg (5.64%), Vitamin B3: 1.03mg (5.13%), Vitamin C: 3.13mg (3.79%), Vitamin K: 3.39µg (3.23%), Potassium: 100.77mg (2.88%), Fiber: 0.69g (2.77%), Vitamin B5: 0.25mg (2.49%), Copper: 0.05mg (2.29%), Magnesium: 8.81mg (2.2%), Zinc: 0.31mg (2.09%), Vitamin B12: 0.12µg (2.03%), Vitamin B6: 0.04mg (2%)