



Strawberries and Cream Cake



Vegetarian



Dairy Free

READY IN



1330 min.

SERVINGS



12

CALORIES



204 kcal

DESSERT

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 2 cups cake flour sifted
- ☐ 0.5 cup canola oil
- ☐ 1 teaspoon cream of tartar
- ☐ 8 large egg whites
- ☐ 4 large egg yolks
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1.3 cups sugar divided

☐ 0.5 teaspoon salt

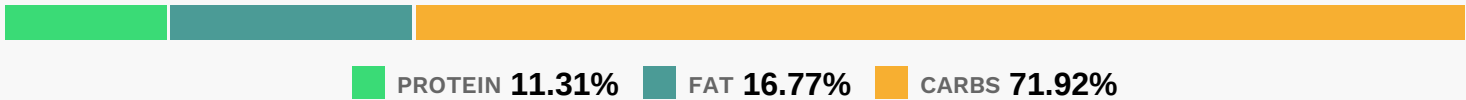
Equipment

- ☐ bowl
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Preheat oven to 35
- ☐ Stir together first 3 ingredients and 1 cup sugar in a large bowl. Make a well in center of mixture; add oil, next 2 ingredients, and 1/4 cup water. Beat at medium-high speed with an electric mixer 3 to 4 minutes or until smooth.
- ☐ Beat egg whites and cream of tartar at medium-high speed until soft peaks form. Gradually add remaining 1/4 cup sugar, 1 Tbsp. at a time, beating until stiff peaks form. Gently stir one-fourth of egg white mixture into flour mixture; gently fold in remaining egg white mixture. Spoon batter into 6 greased and floured 8-inch round cake pans.
- ☐ Bake at 350 for 12 to 15 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 10 minutes; remove from pans to wire racks, and cool completely (about 1 hour).
- ☐ Spread filling between cake layers, leaving a 1/4-inch border around edges (about 2/3 cup between each layer). Cover cake with plastic wrap, and chill 8 to 24 hours.
- ☐ Spread Strawberry Frosting on top and sides of cake. Chill 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:19.09, Glycemic Load:24.54, Inflammation Score:-1, Nutrition Score:4.0204347890356%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 203.81kcal (10.19%), Fat: 3.83g (5.89%), Saturated Fat: 0.73g (4.57%), Carbohydrates: 36.96g (12.32%), Net Carbohydrates: 36.44g (13.25%), Sugar: 21.17g (23.52%), Cholesterol: 61.2mg (20.4%), Sodium: 225.27mg (9.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.63%), Selenium: 15.98µg (22.82%), Manganese: 0.17mg (8.64%), Vitamin B2: 0.14mg (8.45%), Phosphorus: 64.29mg (6.43%), Calcium: 61.53mg (6.15%), Folate: 17.05µg (4.26%), Vitamin E: 0.56mg (3.76%), Potassium: 109.96mg (3.14%), Vitamin B5: 0.31mg (3.09%), Iron: 0.48mg (2.65%), Copper: 0.05mg (2.51%), Vitamin C: 1.97mg (2.38%), Vitamin B12: 0.13µg (2.17%), Zinc: 0.32mg (2.13%), Magnesium: 8.45mg (2.11%), Fiber: 0.52g (2.07%), Vitamin D: 0.31µg (2.04%), Vitamin B1: 0.03mg (1.92%), Vitamin A: 82.43IU (1.65%), Vitamin B6: 0.03mg (1.55%), Vitamin K: 1.43µg (1.36%), Vitamin B3: 0.24mg (1.19%)