



Sugar-free lemon drizzle cake

READY IN



80 min.

SERVINGS



8

CALORIES



351 kcal

DESSERT

Ingredients

- 225 g self-raising flour sifted
- 0.5 tsp double-acting baking powder
- 225 g powdered xylitol (see tip below)
- 2 lemon zest
- 2 large eggs at room temperature
- 125 ml unrefined sunflower oil
- 1 tbsp milk
- 200 g fat greek yogurt 0%
- 1 juice of lemon

50 g powdered xylitol

Equipment

bowl

oven

aluminum foil

Directions

Preheat the oven to 180C/ 160C fan/ Gas

Grease and line a 1.2 litre loaf tin (22cm x 13cm width, 7cm depth) with baking parchment.

Mix together the flour, baking powder, xylitol and lemon zest in a large bowl.

Mix the eggs, sunflower oil, milk and yoghurt together in a separate bowl or jug and stir them into the flour mixture.

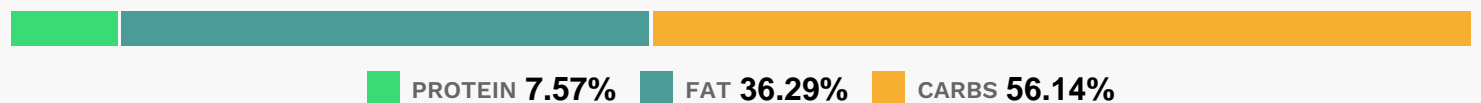
Spoon into a tin and smooth the surface.

Transfer to the oven immediately, bake on the middle shelf of the oven for 1 hour 1 hour 10 mins. Check after 50 mins, if the cake is becoming too dark, cover loosely with foil.

Just before the end of cooking time, make the drizzle by heating the lemon juice and xylitol. Stir over a low heat until the xylitol has dissolved. Once the cake is cooked, take it out of the oven and pour over the drizzle.

Cool in the tin before turning it out.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:13.32, Inflammation Score:-1, Nutrition Score:6.49347827227222%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 350.67kcal (17.53%), Fat: 16.22g (24.95%), Saturated Fat: 1.94g (12.15%), Carbohydrates: 56.44g (18.81%), Net Carbohydrates: 21.22g (7.72%), Sugar: 1.2g (1.33%), Cholesterol: 47.97mg (15.99%), Sodium: 58.63mg (2.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.62g (15.23%), Vitamin E: 6.17mg (41.14%), Selenium: 17.53µg (25.04%), Manganese: 0.23mg (11.45%), Phosphorus: 94.7mg (9.47%), Vitamin B2: 0.15mg (8.74%), Calcium: 60.4mg (6.04%), Vitamin B12: 0.3µg (4.94%), Folate: 17.85µg (4.46%), Vitamin B5: 0.41mg (4.14%), Vitamin C: 3.39mg (4.1%), Zinc: 0.55mg (3.64%), Fiber: 0.85g (3.38%), Copper: 0.07mg (3.32%), Magnesium: 12.03mg (3.01%), Iron: 0.54mg (2.98%), Vitamin B6: 0.05mg (2.66%), Potassium: 89.76mg (2.56%), Vitamin B1: 0.04mg (2.39%), Vitamin D: 0.27µg (1.8%), Vitamin B3: 0.35mg (1.77%), Vitamin A: 73.07IU (1.46%)