



Sunshine Cake



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



194 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 5 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon lemon extract
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 5 tablespoons water boiling
- ☐ 1 cup sugar white

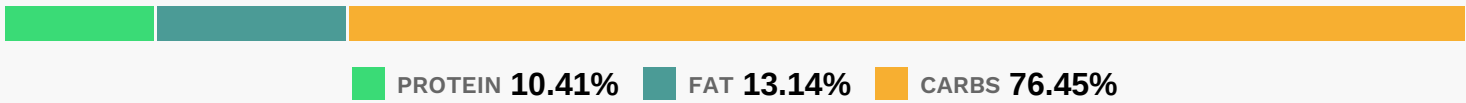
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Separate eggs. Sift the flour, baking powder, and salt together three times.
- ☐ In a large mixing bowl, beat yolks until lemon colored. mix in sugar a little at a time. Stir in the lemon extract, vanilla extract and boiling water until smooth. Stir in the flour mixture just until moistened. Whip the egg whites to soft peaks, and fold into the batter.
- ☐ Pour the batter into an ungreased 9 inch tube pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 45 to 50 minutes.
- ☐ Remove the cake from the oven, and invert the pan over a bottle. Cool and remove from pan.

Nutrition Facts



Properties

Glycemic Index:29.64, Glycemic Load:26.27, Inflammation Score:-1, Nutrition Score:5.0047825934446%

Nutrients (% of daily need)

Calories: 194.29kcal (9.71%), Fat: 2.85g (4.38%), Saturated Fat: 0.88g (5.53%), Carbohydrates: 37.29g (12.43%), Net Carbohydrates: 36.87g (13.41%), Sugar: 25.16g (27.95%), Cholesterol: 102.3mg (34.1%), Sodium: 264.97mg (11.52%), Alcohol: 0.17g (100%), Alcohol %: 0.27% (100%), Protein: 5.08g (10.16%), Selenium: 13.89µg (19.84%), Vitamin B2: 0.21mg (12.24%), Folate: 41.52µg (10.38%), Vitamin B1: 0.13mg (8.91%), Phosphorus: 87.79mg (8.78%), Iron: 1.3mg (7.24%), Calcium: 62.49mg (6.25%), Manganese: 0.12mg (5.84%), Vitamin B5: 0.49mg (4.9%), Vitamin B3: 0.95mg (4.73%), Vitamin B12: 0.24µg (4.08%), Vitamin D: 0.55µg (3.67%), Zinc: 0.47mg (3.12%), Vitamin A: 148.5IU (2.97%), Vitamin B6: 0.05mg (2.69%), Copper: 0.05mg (2.3%), Vitamin E: 0.3mg (1.99%), Magnesium: 7.1mg (1.77%), Fiber: 0.42g (1.69%), Potassium: 56.09mg (1.6%)