



Sybil's Old Fashioned Lemon Layer Cake

 Vegetarian

READY IN



135 min.

SERVINGS



8

CALORIES



323 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 2 tablespoons butter
- 1 eggs beaten
- 6 eggs separated
- 5.5 tablespoons flour all-purpose
- 0.5 cup juice of lemon
- 2 tablespoons lemon zest grated
- 2 tablespoons milk

- 0.1 teaspoon salt
- 2.3 cups sugar white

Equipment

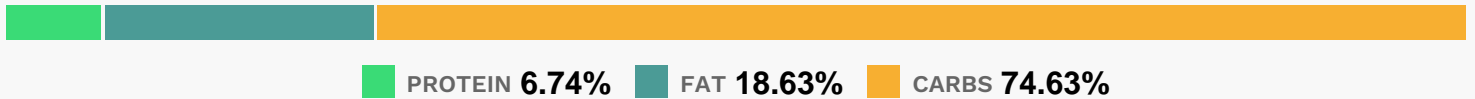
- bowl
- sauce pan
- oven
- whisk
- hand mixer
- toothpicks
- spatula
- serrated knife

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour 3 9-inch cake pans. In a bowl, whisk together 3 1/4 cups of flour, baking powder, and salt.
- Cream 1 cup plus 2 tablespoons softened butter in a large bowl with an electric mixer until smooth, then mix in 2 1/4 cups of sugar until thoroughly blended and fluffy. Beat 6 egg yolks into the butter mixture, one at a time, beating well after each yolk is added. Beat the flour mixture into the butter mixture in thirds, alternating with milk.
- Mix in 3/4 teaspoon of grated lemon peel and 1 3/4 teaspoon of lemon juice.
- With clean beaters, beat the egg whites to stiff peaks in a bowl; lightly fold the egg whites into the batter; use a rubber spatula or wire whisk to fold 1/3 of the beaten egg whites into the batter. Gently run the spatula through the center of the bowl, then around the sides of the bowl, repeating until fully incorporated.
- Add the remaining egg whites, folding just until incorporated..
- Pour the batter into the 3 prepared cake pans.
- Bake in the preheated oven until a toothpick inserted into the center of a cake comes out clean, 25 to 30 minutes. Allow cakes to cool in pans for 10 minutes; then turn out onto a rack to finish cooling.

- To make filling, whisk 2 1/4 cup sugar, 2 tablespoons of grated lemon peel, 1/2 cup of lemon juice, 5 1/2 tablespoons of flour, and beaten egg together in a saucepan. Cook the mixture over low heat, whisking constantly, until the filling almost comes to a boil; cook until thickened and smooth, about 1 minute.
- Whisk in 2 tablespoons of butter until melted. Allow the filling to cool.
- To assemble, place each cake layer down on a work surface, and place one hand lightly on the top of the cake. Use a serrated knife to slice the cake in half horizontally, with a light sawing motion, to create 2 layers from each cake (6 total layers).
- Brush crumbs from the layers.
- Place a cake layer onto a serving dish, and spread with 1/6 of the filling; repeat with all the layers and filling, ending with a layer of lemon filling for the top of the cake.

Nutrition Facts



Properties

Glycemic Index:40.64, Glycemic Load:42.56, Inflammation Score:-2, Nutrition Score:5.7752173465231%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 322.59kcal (16.13%), Fat: 6.89g (10.6%), Saturated Fat: 3.09g (19.3%), Carbohydrates: 62.12g (20.71%), Net Carbohydrates: 61.77g (22.46%), Sugar: 56.92g (63.25%), Cholesterol: 151.2mg (50.4%), Sodium: 274.84mg (11.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.22%), Selenium: 14.04µg (20.06%), Vitamin B2: 0.22mg (13.06%), Phosphorus: 120.69mg (12.07%), Calcium: 119.44mg (11.94%), Vitamin C: 7.84mg (9.5%), Folate: 30.88µg (7.72%), Vitamin B5: 0.66mg (6.55%), Iron: 1.13mg (6.29%), Vitamin B12: 0.37µg (6.15%), Vitamin A: 303.11IU (6.06%), Vitamin D: 0.81µg (5.41%), Vitamin B1: 0.06mg (4.18%), Vitamin B6: 0.08mg (3.99%), Zinc: 0.57mg (3.79%), Vitamin E: 0.52mg (3.45%), Manganese: 0.05mg (2.52%), Potassium: 84.65mg (2.42%), Copper: 0.04mg (2.16%), Magnesium: 7.82mg (1.96%), Vitamin B3: 0.36mg (1.79%), Fiber: 0.35g (1.39%)