



Triple Citrus Cake

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



179 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 1 cup flour all-purpose
- 0.5 cup grapeseed oil
- 2 lemon zest minced
- 8 ounces lime
- 2 tablespoons orange juice
- 1 cup powdered sugar
- 0.5 teaspoon salt

- 0.5 cup sugar
- 1 teaspoon vanilla
- 3 eggs whole

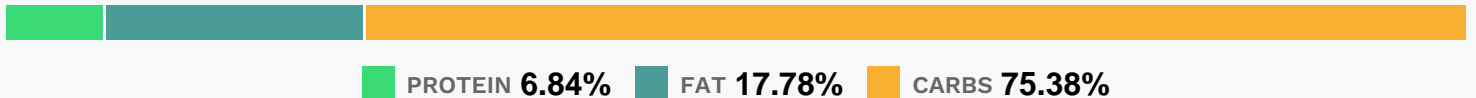
Equipment

- baking paper
- oven
- whisk
- loaf pan
- hand mixer
- spatula

Directions

- Whisk flour, baking powder and salt. Set aside. With an electric mixer, beat yogurt, eggs, sugar, vanilla, oil, and lemon zest until combined. Switch to a spatula and fold in flour mixture until incorporated. Coat a 9 x 5 loaf pan with floured baking spray (or use parchment paper coated with baking spray as well) and pour in batter. Smooth evenly.
- Bake in a preheated oven at 350 degrees for 40–50 minutes or until a cake tester comes out clean. Allow cake to cool at least an hour. When cake is cool, move to a serving plate or cake platter.
- Mix powdered sugar with orange juice until smooth and drizzle the glaze over cake.

Nutrition Facts



Properties

Glycemic Index:37.51, Glycemic Load:14.82, Inflammation Score:-2, Nutrition Score:4.5091304347826%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 10.16mg, Hesperetin: 10.16mg, Hesperetin: 10.16mg, Hesperetin: 10.16mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 179.3kcal (8.97%), Fat: 3.65g (5.61%), Saturated Fat: 0.65g (4.05%), Carbohydrates: 34.77g (11.59%), Net Carbohydrates: 33.66g (12.24%), Sugar: 22.57g (25.08%), Cholesterol: 49.1mg (16.37%), Sodium: 221mg (9.61%), Protein: 3.16g (6.31%), Selenium: 8.53µg (12.18%), Vitamin C: 9.85mg (11.94%), Folate: 32.07µg (8.02%), Vitamin B2: 0.13mg (7.83%), Vitamin B1: 0.11mg (7.6%), Calcium: 66.08mg (6.61%), Phosphorus: 61.99mg (6.2%), Iron: 1.07mg (5.92%), Vitamin E: 0.83mg (5.52%), Manganese: 0.09mg (4.67%), Fiber: 1.11g (4.43%), Vitamin B3: 0.81mg (4.07%), Vitamin B5: 0.32mg (3.17%), Copper: 0.05mg (2.34%), Vitamin B6: 0.04mg (2.06%), Vitamin B12: 0.12µg (1.96%), Zinc: 0.29mg (1.94%), Potassium: 64.66mg (1.85%), Vitamin A: 90.02IU (1.8%), Vitamin D: 0.26µg (1.76%), Magnesium: 6.52mg (1.63%)