



White Cake with Lemon Filling

READY IN



45 min.

SERVINGS



8

CALORIES



248 kcal

DESSERT

Ingredients

- ☐ 3.5 teaspoons double-acting baking powder
- ☐ 1 eggs
- ☐ 4 egg whites
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 juice of lemon juiced
- ☐ 0.5 cup milk
- ☐ 0.5 cup orange juice fresh
- ☐ 2 tablespoons orange zest grated
- ☐ 1 teaspoon salt

- ☐ 0.5 cup shortening
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup whipped cream
- ☐ 0.8 cup sugar white

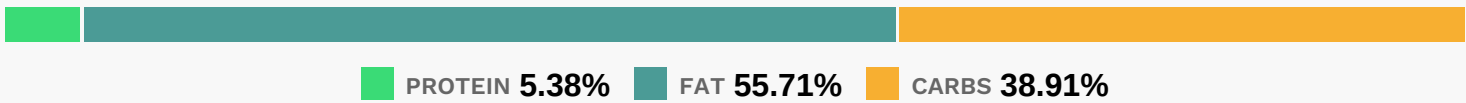
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease two 9 inch round cake layer pans.
- ☐ Place 2 cups of the flour, 1 1/2 cups sugar, the shortening, salt, and 2/3 cup of the milk in a mixing bowl and beat for 2 minutes with an electric mixer at medium speed. Stir in the baking powder.
- ☐ Add the egg whites remaining milk and 1 teaspoon of the vanilla and beat for 2 more minutes.
- ☐ Pour batter into the prepared pans.
- ☐ Bake at 375 degrees F (190 degrees C) for 25 to 30 minutes.
- ☐ Let cakes cool then spread Lemon Filling between the layers and frost with Boiled Icing.
- ☐ To Make Lemon Filling: In a saucepan over medium heat combine 3/4 cups of the sugar, 2 tablespoons of the flour, the orange and lemon juice, and the remaining egg. Cook until mixture has thickened.
- ☐ Remove from heat ant let cool completely before folding in the whipped cream.
- ☐ Spread between cooled cake layers.

Nutrition Facts



Properties

Glycemic Index:47.76, Glycemic Load:16.18, Inflammation Score:-2, Nutrition Score:4.1634782397229%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 2.12mg, Hesperetin: 2.12mg, Hesperetin: 2.12mg, Hesperetin: 2.12mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 247.57kcal (12.38%), Fat: 15.63g (24.05%), Saturated Fat: 4.7g (29.4%), Carbohydrates: 24.57g (8.19%), Net Carbohydrates: 24.32g (8.84%), Sugar: 21.59g (23.99%), Cholesterol: 27.99mg (9.33%), Sodium: 516.29mg (22.45%), Alcohol: 0.17g (100%), Alcohol %: 0.22% (100%), Protein: 3.4g (6.8%), Calcium: 138.36mg (13.84%), Vitamin C: 10.52mg (12.75%), Selenium: 5.87µg (8.38%), Vitamin B2: 0.14mg (8.03%), Phosphorus: 78.71mg (7.87%), Vitamin K: 7.04µg (6.71%), Vitamin E: 0.91mg (6.08%), Vitamin B5: 0.33mg (3.27%), Vitamin B1: 0.05mg (3.18%), Folate: 12.32µg (3.08%), Potassium: 105.58mg (3.02%), Vitamin A: 143.19IU (2.86%), Vitamin B12: 0.17µg (2.78%), Iron: 0.46mg (2.54%), Vitamin D: 0.31µg (2.05%), Magnesium: 8.06mg (2.02%), Vitamin B6: 0.03mg (1.66%), Zinc: 0.19mg (1.3%), Vitamin B3: 0.23mg (1.16%), Manganese: 0.02mg (1.1%), Copper: 0.02mg (1.08%)