



WHATSheATE



Wine Cake with Macerated Strawberries



Dairy Free

READY IN



120 min.

SERVINGS



8

CALORIES



246 kcal

DESSERT

Ingredients

- ☐ 8 servings passover confectioners sugar
- ☐ 0.3 cup medium-dry concord-grape wine
- ☐ 6 large eggs separated for 30 minutes at room temperature
- ☐ 4 teaspoons granulated sugar
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1.5 teaspoons lemon zest fresh finely grated
- ☐ 0.5 cup matzo cake meal
- ☐ 0.5 cup potato flour

- ☐ 0.3 teaspoon salt
- ☐ 2 qt strawberries trimmed quartered (6 cups)

Equipment

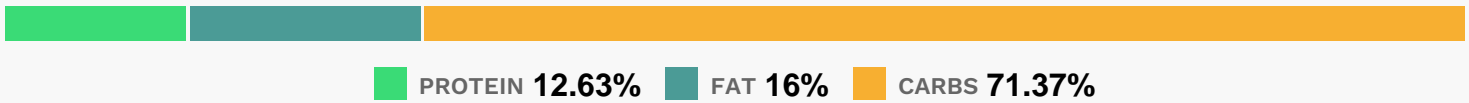
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Whisk together matzo cake meal, potato starch, and salt in a bowl. Stir together wine and lemon juice in another bowl or a glass measure.
- ☐ Beat yolks in a large bowl with an electric mixer at medium-high speed until smooth, then add zest.
- ☐ Add 1 cup sugar gradually, beating, and beat until mixture is very thick and pale, 2 to 3 minutes.
- ☐ With mixer at low speed, add half of matzo cake meal mixture to yolks, then all of wine mixture.
- ☐ Add remaining matzo meal mixture, mixing until just combined.
- ☐ Beat whites with a pinch of salt in another bowl with cleaned beaters at medium speed until they hold soft peaks.
- ☐ Add remaining 1/4 cup sugar a little at a time, beating, and beat until whites just hold stiff peaks. Fold one fourth of whites into yolk mixture to lighten, then fold in remaining whites gently but thoroughly.
- ☐ Pour batter into ungreased tube pan and rap pan firmly three times on work surface to eliminate any large air bubbles.

- ☐ Bake spongecake until top is golden and springs back when it is pressed gently, 35 to 40 minutes. Immediately turn pan upside down on a rack and cool completely, about 1 hour. Run a knife around inner and outer edges of cake to loosen, then remove from pan.
- ☐ While cake cools, gently stir together strawberries, wine, and sugar until sugar is dissolved, then let stand at least 30 minutes.
- ☐ Dust cake with Passover confectioners sugar and serve with strawberries.
- ☐ ·Cake can be made 1 day ahead, cooled and removed from pan, then kept, covered with foil, at room temperature.·If you can't find matzo cake meal, finely grind regular matzo meal in a blender or coffee/spice grinder.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:6.77, Inflammation Score:-7, Nutrition Score:16.218260765076%

Flavonoids

Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg Petunidin: 0.51mg, Petunidin: 0.51mg, Petunidin: 0.51mg, Petunidin: 0.51mg Delphinidin: 1.05mg, Delphinidin: 1.05mg, Delphinidin: 1.05mg, Delphinidin: 1.05mg Malvidin: 1.99mg, Malvidin: 1.99mg, Malvidin: 1.99mg, Malvidin: 1.99mg Pelargonidin: 58.79mg, Pelargonidin: 58.79mg, Pelargonidin: 58.79mg, Pelargonidin: 58.79mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 7.94mg, Catechin: 7.94mg, Catechin: 7.94mg, Catechin: 7.94mg Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 246.05kcal (12.3%), Fat: 4.45g (6.85%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 44.69g (14.9%), Net Carbohydrates: 39.05g (14.2%), Sugar: 22.06g (24.51%), Cholesterol: 139.5mg (46.5%), Sodium: 134.05mg (5.83%), Alcohol: 0.79g (100%), Alcohol %: 0.32% (100%), Protein: 7.91g (15.81%), Vitamin C: 142.15mg (172.31%), Manganese:

1.01mg (50.66%), Selenium: 15.87µg (22.67%), Fiber: 5.64g (22.56%), Folate: 79.57µg (19.89%), Phosphorus: 156.11mg (15.61%), Potassium: 530.24mg (15.15%), Vitamin B2: 0.26mg (15.12%), Vitamin B6: 0.27mg (13.26%), Iron: 2.05mg (11.41%), Magnesium: 44.34mg (11.08%), Vitamin B5: 0.97mg (9.65%), Vitamin B1: 0.13mg (8.67%), Copper: 0.17mg (8.38%), Vitamin B3: 1.64mg (8.2%), Vitamin E: 1.12mg (7.46%), Calcium: 67.48mg (6.75%), Zinc: 0.93mg (6.22%), Vitamin B12: 0.33µg (5.56%), Vitamin K: 5.34µg (5.09%), Vitamin D: 0.75µg (5%), Vitamin A: 231.42IU (4.63%)