

Yogurt Cake

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



324 kcal

DESSERT

Ingredients

- ☐ 4 large eggs separated
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 juice of lemon
- ☐ 1 tablespoon juice of lemon
- ☐ 1 lemon zest grated
- ☐ 1 orange zest grated
- ☐ 1.7 cups greek yogurt greek-style
- ☐ 0.5 cup caster sugar

- ☐ 1.3 cups sugar
- ☐ 0.7 cup water

Equipment

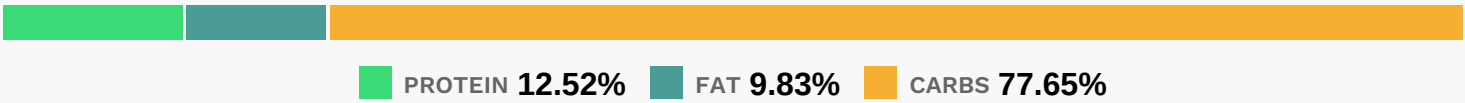
- ☐ oven
- ☐ whisk

Directions

- ☐ Beat the egg yolks with the sugar to a thick, pale cream. Beat in the flour, then the yogurt, lemon zest, and lemon juice until it is thoroughly blended.
- ☐ Whisk the egg whites until stiff and fold them into the yogurt mixture.
- ☐ Pour this into a round, nonstick baking tin (about 9 inches in diameter), greased with butter.
- ☐ Bake in an oven preheated to 350°F for 50 to 60 minutes, until the top is brown. It will puff up like a soufflé and then subside.
- ☐ Turn out onto a serving plate, and serve warm or cold.
- ☐ If you are making the syrup, boil the water with the sugar, lemon juice, and grated orange zest for 3 to 5 minutes.
- ☐ Let it cool, then chill in the refrigerator.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From *Arabesque: A Taste Of Morocco, Turkey, and Lebanon* by Claudia Roden. Copyright (c) 2006 by Claudia Roden. Published by Knopf. Claudia Roden was born and raised in Cairo. She completed her formal education in Paris and then moved to London to study art. She travels extensively as a food writer. Her previous books include the James Beard Award-winning *Book of Jewish Food*, as well as *Coffee: A Connoisseur's Companion*, *The Good Food of Italy—Region by Region*, *Everything Tastes Better Outdoors*, and *Mediterranean Cookery*, which was published in conjunction with her BBC television series on the Mediterranean. In 1989 she won the two most prestigious food prizes in Italy, the Premio Orio Vergani and the Premio Maria Luigia, Duchessa di Parma, for her London Sunday Times Magazine series *The Taste of Italy*. She has won six Glenfiddich prizes, including 1992 Food Writer of the Year for articles in the Daily Telegraph and The Observer magazine, and the Glenfiddich Trophy awarded "in celebration of a unique contribution to the food that we eat in Britain today." In 1999 she won a Versailles Award in France, and Prince Claus of the Netherlands presented her

with the Prince Claus Award "in recognition of exceptional initiatives and achievements in the field of culture." She lives in London.

Nutrition Facts



Properties

Glycemic Index:35.86, Glycemic Load:42.79, Inflammation Score:-1, Nutrition Score:6.4408695950456%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 323.85kcal (16.19%), Fat: 3.62g (5.58%), Saturated Fat: 1.11g (6.96%), Carbohydrates: 64.4g (21.47%), Net Carbohydrates: 63.96g (23.26%), Sugar: 60.4g (67.11%), Cholesterol: 126.78mg (42.26%), Sodium: 69.5mg (3.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.38g (20.76%), Selenium: 17.39µg (24.84%), Vitamin B2: 0.34mg (20.1%), Phosphorus: 146.75mg (14.67%), Vitamin B12: 0.69µg (11.43%), Calcium: 87.28mg (8.73%), Vitamin C: 6.91mg (8.38%), Vitamin B5: 0.73mg (7.34%), Folate: 28.65µg (7.16%), Zinc: 0.77mg (5.14%), Vitamin B6: 0.1mg (5.13%), Iron: 0.86mg (4.75%), Vitamin D: 0.67µg (4.44%), Potassium: 143.08mg (4.09%), Vitamin B1: 0.06mg (3.99%), Vitamin A: 191.57IU (3.83%), Magnesium: 12.24mg (3.06%), Copper: 0.05mg (2.55%), Vitamin E: 0.38mg (2.51%), Manganese: 0.04mg (2.16%), Vitamin B3: 0.39mg (1.96%), Fiber: 0.44g (1.77%)