

All About ... Lemon & Ricotta Almond Cake

Serve: 12 Pax



INGREDIENTS	NUTRITIONAL INFORMATION (per serving)	
	<ul style="list-style-type: none"> • 115g margarine, trans-fat free • 150g sugar • 250g cheese, ricotta • 1 tspn vanilla essence • 3 large eggs, separated • 3 tbsps. lemon juice, fresh • 220g almond flour, extra fine • 1 tspn baking powder <p><u>Optional</u></p> <ul style="list-style-type: none"> • Zest of 1 medium lemon to be added to Method 4 • Sliced almonds to be added on top of mixture in Method 9 	Energy (kcal)
Carbohydrate (g)		14
Protein (g)		7
Fat (g)		19
• Saturated Fat (g)		4.6
• Polyunsaturated Fat (g)		3.2
• Monounsaturated Fat (g)		10.5
Cholesterol (mg)		65
Dietary Fibre (g)		1.7
Sodium (mg)		174
Potassium (mg)		199
Phosphate (mg)		142

Methods

1. Preheat oven to 160°C.
2. Grease and line the bottom of the 9" springform pan with parchment paper.
3. To prepare the cake mixture, beat margarine and sugar together using an electric mixer in a mixing bowl.
4. Mix in ricotta cheese and vanilla essence.
5. Add the egg yolks, one at a time, and beat until light and creamy.
6. Add lemon juice, almond flour and baking powder and beat to combine.
7. In a separate mixing bowl, beat the egg whites with an electric mixer until stiff peaks form.
8. Gently fold the egg white into the cake mixture.
9. Pour the mixture into the pre-prepared springform pan.
10. Baked for 45 mins or until the cake is firm yet slightly springy to touch.
11. Allow to cool completely and serve.

NUTRITION & DIETETICS DEPARTMENT

Khoo Teck Puat Hospital, 90 Yishun Central Singapore 768828

Email: ktph.dietitians@ktph.com.sg; Website: www.ktph.com.sg; Instagram: @ktph.dietitians

Call-A-Dietitian Hotline: 983 22 983