

LEMON-FLAXSEED LOAF CAKE Contributed by Jennie 1/1/03

Source: "Cooking Light, May 2000, p. 206"

INGREDIENTS:

1 Tablespoon - Granulated sugar
1/4 Cup - Flaxseed
1 Cup - Granulated sugar
1/2 Cup - Egg substitute
2 Cups - All-purpose flour
1-1/2 Teaspoons - Baking powder
1/2 Teaspoon - Baking soda
1/2 Teaspoon - Salt
3/4 Cup - Buttermilk
1/4 Cup - Canola oil
2 Teaspoons - Grated lemon rind
1 Teaspoon - Vanilla extract
1/2 Cup - Powdered sugar
1 Tablespoon - Fresh lemon juice

INSTRUCTIONS:

Preheat oven to 350°.

Coat an 8 x 4-inch loaf pan with cooking spray. Sprinkle with 1 tablespoon granulated sugar. Set pan aside. Place flaxseed in a blender or clean coffee grinder and process until ground to measure about 6 tablespoons flaxseed meal; set aside.

Combine 1 cup granulated sugar and eggs in a large bowl. Beat at high speed using a mixer for 3 minutes or until mixture is thick and pale. Lightly spoon flour into dry measuring cups; level with a knife. Combine flaxseed meal, flour, baking powder, baking soda, and salt; stir well with a whisk. Combine buttermilk, oil, rind, and vanilla. Add flour mixture to egg mixture alternately with buttermilk mixture, beginning and ending with flour mixture.

Spoon batter into prepared pan. Bake at 350° for 55 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 5 minutes on a wire rack; remove from pan. Cool completely on wire rack.

Combine powdered sugar and lemon juice; drizzle over top of loaf. Serves 12

Calories: 242 (28% from fat); FAT 7.4g (sat 1.4g), mono 2.1g, poly 3.5g; PROTEIN 4.5g; CARB 40.7g; FIBER 1.4g; CHOL 37 mg; IRON 4.6mg; CALC 70mg

NOTES:
