

Castella Cake

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-japanese-castella>

Ingredients:

- 4 egg whites medium size, at room temperature
- 4 egg yolks medium size, at room temperature
- 2/3 cup sugar
- 3/4 cup bread flour sifted
- 1 7/8 tablespoons honey
- 1 1/16 tablespoons milk You can use 2 tbsp water or mirin & mix dilute with honey

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 60 grams
3. Cholesterol: 210 milligrams
4. Fat: 5 grams
5. Fiber: 1 grams
6. Protein: 10 grams
7. SaturatedFat: 2 grams
8. Sodium: 65 milligrams
9. Sugar: 41 grams

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