



Basic 1-2-3-4 Cake

 Vegetarian

READY IN



35 min.

SERVINGS



3

CALORIES



1644 kcal

DESSERT

Ingredients

- ☐ 1 cup butter at room temperature (2 sticks)
- ☐ 4 eggs
- ☐ 1 cup milk
- ☐ 3 cups self-rising flour sifted
- ☐ 2 cups sugar
- ☐ 1 teaspoon vanilla extract pure

Equipment

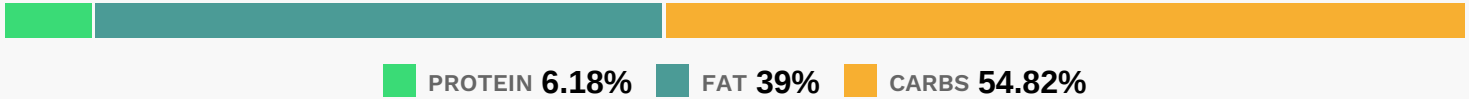
- ☐ frying pan

- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Grease and flour 3 (9-inch) cake pans. Using an electric mixer, cream butter until fluffy.
- ☐ Add sugar and continue to cream well for 6 to 8 minutes.
- ☐ Add eggs, 1 at a time, beating well after each addition.
- ☐ Add flour and milk alternately to creamed mixture, beginning and ending with flour.
- ☐ Add vanilla and continue to beat until just mixed. Divide batter equally among prepared pans. Level batter in each pan by holding pan 3 or 4 inches above counter, then dropping it flat onto counter. Do this several times to release air bubbles and assure you of a more level cake.
- ☐ Bake for 25 to 30 minutes or until done. Cool in pans 5 to 10 minutes. Invert cakes onto cooling racks. Cool completely and spread cake layers with your favorite frosting to make a 3-layer cake.

Nutrition Facts



Properties

Glycemic Index:75.03, Glycemic Load:153.28, Inflammation Score:-8, Nutrition Score:20.700869601706%

Nutrients (% of daily need)

Calories: 1643.65kcal (82.18%), Fat: 72.05g (110.85%), Saturated Fat: 42.55g (265.92%), Carbohydrates: 227.9g (75.97%), Net Carbohydrates: 224.9g (81.78%), Sugar: 137.8g (153.11%), Cholesterol: 390.68mg (130.23%), Sodium: 604.7mg (26.29%), Alcohol: 0.46g (100%), Alcohol %: 0.12% (100%), Protein: 25.68g (51.36%), Selenium: 70.74µg (101.05%), Manganese: 1.02mg (50.9%), Vitamin A: 2341.97IU (46.84%), Phosphorus: 337.8mg (33.78%), Vitamin B2: 0.51mg (29.86%), Vitamin E: 2.91mg (19.41%), Vitamin B5: 1.83mg (18.34%), Vitamin B12: 1.09µg (18.17%), Folate: 71.09µg (17.77%), Calcium: 171.28mg (17.13%), Zinc: 2.24mg (14.9%), Copper: 0.28mg (14.04%), Vitamin D: 2.07µg (13.79%), Magnesium: 49.72mg (12.43%), Iron: 2.24mg (12.42%), Fiber: 3g (12%), Vitamin B1: 0.17mg (11.53%), Potassium: 350.76mg (10.02%), Vitamin B6: 0.2mg (9.91%), Vitamin B3: 1.42mg (7.08%), Vitamin K: 6.09µg (5.8%)