



Basic White Cake Batter

READY IN



45 min.

SERVINGS



7

CALORIES



692 kcal

DESSERT

Ingredients

- 0.8 teaspoon almond extract
- 4 teaspoons double-acting baking powder
- 0.5 cup butter softened
- 3 cups cake flour
- 6 egg whites
- 0.7 cup milk
- 0.5 teaspoon salt
- 0.5 cup shortening
- 2 cups sugar

2 teaspoons vanilla extract

0.7 cup water

Equipment

hand mixer

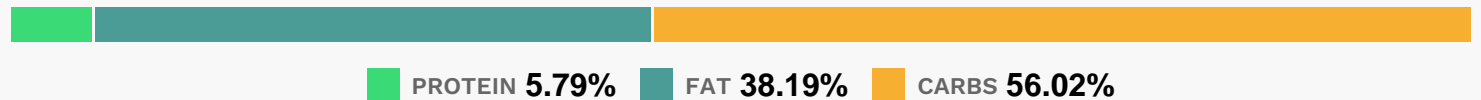
Directions

Beat butter and shortening at medium speed with an electric mixer until creamy; gradually add sugar, beating well.

Combine flour, baking powder, and salt; add to butter mixture alternately with milk and water, beginning and ending with flour mixture. Beat at low speed until blended after each addition. Stir in extracts.

Beat egg whites at high speed with an electric mixer until stiff peaks form; fold about one-third of egg whites into batter. Gradually fold in remaining egg whites.

Nutrition Facts



Properties

Glycemic Index:45.3, Glycemic Load:66.06, Inflammation Score:-3, Nutrition Score:7.9313043977903%

Nutrients (% of daily need)

Calories: 692.14kcal (34.61%), Fat: 29.65g (45.62%), Saturated Fat: 12.56g (78.49%), Carbohydrates: 97.88g (32.63%), Net Carbohydrates: 96.59g (35.13%), Sugar: 58.7g (65.23%), Cholesterol: 37.65mg (12.55%), Sodium: 567.66mg (24.68%), Alcohol: 0.54g (100%), Alcohol %: 0.32% (100%), Protein: 10.12g (20.24%), Selenium: 27.36µg (39.09%), Manganese: 0.43mg (21.73%), Calcium: 178.29mg (17.83%), Phosphorus: 133.36mg (13.34%), Vitamin B2: 0.19mg (11.47%), Vitamin E: 1.5mg (10%), Vitamin A: 443.91IU (8.88%), Vitamin K: 9.16µg (8.72%), Copper: 0.11mg (5.64%), Fiber: 1.29g (5.16%), Magnesium: 20.37mg (5.09%), Vitamin B5: 0.49mg (4.88%), Folate: 19.19µg (4.8%), Iron: 0.8mg (4.44%), Vitamin B1: 0.06mg (4.05%), Potassium: 138.19mg (3.95%), Zinc: 0.58mg (3.89%), Vitamin B3: 0.6mg (3%), Vitamin B12: 0.18µg (2.94%), Vitamin B6: 0.04mg (1.82%), Vitamin D: 0.26µg (1.7%)