



## 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

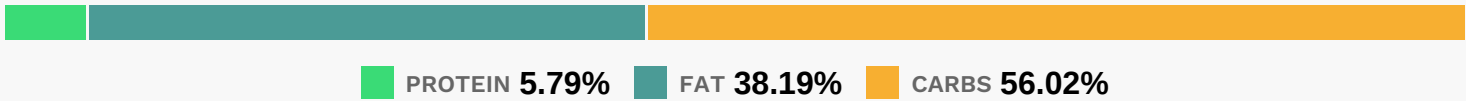
## Equipment

- ☐ 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%)