



Beat and Bake Orange Cake

 Vegetarian

READY IN



145 min.

SERVINGS



12

CALORIES



341 kcal

DESSERT

Ingredients

- 3 teaspoons double-acting baking powder
- 6 tablespoons butter softened
- 2 cups confectioners' sugar
- 3 eggs beaten
- 2 cups flour all-purpose
- 0.5 cup milk
- 2 tablespoons orange juice
- 1 teaspoon orange zest grated

- 0.5 teaspoon salt
- 1.5 cups caster sugar
- 1 teaspoon vanilla extract
- 0.5 cup vegetable oil

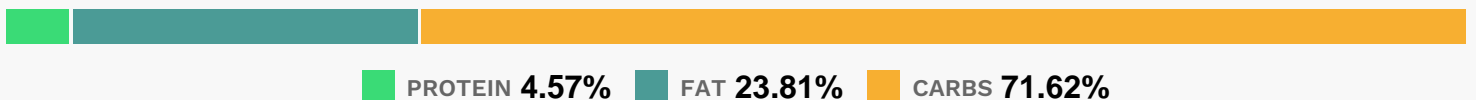
Equipment

- bowl
- oven
- toothpicks
- measuring cup

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 8-inch round cake pans.
- In a measuring cup, combine milk, 1/2 cup orange juice, oil, beaten eggs, and 1 1/2 teaspoon orange zest. Set aside.
- Sift flour, salt and baking powder into a large bowl.
- Mix in sugar. Make a well in the center and pour in the milk mixture. Stir until thoroughly combined.
- Divide batter into prepared pans.
- Bake in the preheated oven for 35 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.
- To make Orange Butter Frosting: Cream butter until smooth. Gradually beat in confectioners' sugar. Beat until light and fluffy. Beat in 2 tablespoons orange juice to bring to spreading consistency. Stir in vanilla and 1 teaspoon orange zest.

Nutrition Facts



Properties

Glycemic Index:31.42, Glycemic Load:29.54, Inflammation Score:-3, Nutrition Score:5.2439130596493%

Flavonoids

Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.06mg,
Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:
0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 340.89kcal (17.04%), Fat: 9.16g (14.09%), Saturated Fat: 4.44g (27.76%), Carbohydrates: 61.97g (20.66%),
Net Carbohydrates: 61.38g (22.32%), Sugar: 45.38g (50.42%), Cholesterol: 57.19mg (19.06%), Sodium: 268.52mg
(11.67%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Protein: 3.95g (7.91%), Selenium: 10.98µg (15.68%), Vitamin
B1: 0.18mg (11.78%), Folate: 44.4µg (11.1%), Vitamin B2: 0.18mg (10.56%), Calcium: 83.36mg (8.34%), Phosphorus:
78.68mg (7.87%), Manganese: 0.15mg (7.44%), Iron: 1.3mg (7.24%), Vitamin B3: 1.27mg (6.33%), Vitamin A: 257.17IU
(5.14%), Vitamin K: 3.96µg (3.77%), Vitamin B5: 0.31mg (3.12%), Vitamin E: 0.45mg (2.97%), Vitamin B12: 0.16µg
(2.74%), Fiber: 0.59g (2.35%), Zinc: 0.34mg (2.29%), Vitamin D: 0.33µg (2.21%), Copper: 0.04mg (2.15%), Vitamin C:
1.64mg (1.99%), Magnesium: 7.92mg (1.98%), Vitamin B6: 0.04mg (1.79%), Potassium: 62.03mg (1.77%)