



Bev's Hot Milk Sponge Cake and Boston Cream Pie

 Vegetarian

READY IN



55 min.

SERVINGS



8

CALORIES



471 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 260 grams cake flour
- ☐ 4 large eggs at room temperature
- ☐ 400 grams granulated sugar
- ☐ 0.5 teaspoon salt salted (Reduce to a pinch of using butter)
- ☐ 114 grams butter unsalted
- ☐ 1 teaspoon vanilla extract

☐ 1 cup milk whole 2%

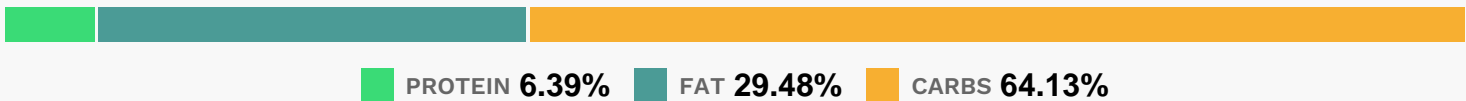
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ stand mixer
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350 degrees F. and place the rack just below center.In the bowl of a stand mixer, beat the eggs for 5 minutes or until they’ve tripled in volume.
- ☐ Add sugar and beat for 10 minutes longer. While the sugar and eggs are beating, sift together the flour and the baking powder.
- ☐ Combine the butter, milk, and salt in a large glass measuring cup or saucepan and heat just until mixture boils and butter is melted
- ☐ Add the vanilla extract and set aside.With mixer on low speed or by hand, mix the flour mixture into the whipped egg mixture.
- ☐ Remove about 2 cups of batter and put it in a separate bowl. Stir the hot milk mixture into that batter, then add it all back into the main mixing bowl and stir until combined.
- ☐ Pour the batter into your chosen pans (or pan) and bake until done.– 9 inch round pans will take about 30 minutes, a 9×13 pan will take about 40 minutes, a jelly roll should only take about 16 to 18 minutes. But watch closely and go buy appearance.

Nutrition Facts



Properties

Glycemic Index:40.64, Glycemic Load:53.64, Inflammation Score:-4, Nutrition Score:8.8286957118822%

Nutrients (% of daily need)

Calories: 471.23kcal (23.56%), Fat: 15.64g (24.07%), Saturated Fat: 8.88g (55.5%), Carbohydrates: 76.55g (25.52%), Net Carbohydrates: 75.67g (27.52%), Sugar: 51.62g (57.35%), Cholesterol: 127.97mg (42.66%), Sodium: 157.86mg (6.86%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 7.63g (15.26%), Selenium: 19.72µg (28.17%), Vitamin B2: 0.33mg (19.52%), Vitamin B1: 0.28mg (18.87%), Folate: 71.66µg (17.92%), Phosphorus: 140.84mg (14.08%), Calcium: 119.2mg (11.92%), Manganese: 0.23mg (11.69%), Iron: 2.08mg (11.58%), Vitamin A: 548.33IU (10.97%), Vitamin B3: 1.98mg (9.89%), Vitamin D: 1.05µg (7%), Vitamin B12: 0.41µg (6.87%), Vitamin B5: 0.66mg (6.56%), Zinc: 0.69mg (4.63%), Vitamin E: 0.64mg (4.23%), Vitamin B6: 0.08mg (3.8%), Magnesium: 14.43mg (3.61%), Copper: 0.07mg (3.57%), Fiber: 0.88g (3.52%), Potassium: 120.46mg (3.44%), Vitamin K: 1.28µg (1.22%)