



Billie's Italian Cream Cake with Blueberries



Vegetarian

READY IN

ready

115 min.

SERVINGS

servings

12

CALORIES

calories

830 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1.5 pints containers blueberries
- ☐ 1 stick butter
- ☐ 1 cup buttermilk mixed with 1 teaspoon white vinegar
- ☐ 16 ounce cream cheese
- ☐ 5 eggs separated
- ☐ 2 cups flour all-purpose

- ☐ 1 cup granulated sugar
- ☐ 1 cup pecans chopped
- ☐ 2 pounds powdered sugar
- ☐ 1 cup coconut or sweetened flaked
- ☐ 1 tablespoon vanilla extract
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup vegetable oil

Equipment

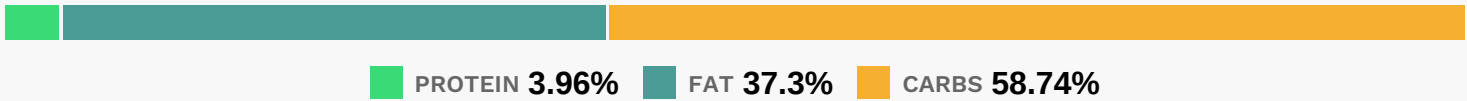
- ☐ bowl
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Watch how to make this recipe.
- ☐ For the cake: Preheat the oven to 350 degrees. Grease and flour two 9-inch round cake pans.
- ☐ Beat the egg whites until stiff. Set aside.
- ☐ In a large bowl, cream together the butter, oil and granulated sugar until light and fluffy.
- ☐ Mix in the egg yolks, vanilla and coconut.
- ☐ In a separate bowl, mix the flour, baking soda and baking powder. Alternate adding the buttermilk and dry ingredients to the wet ingredients.
- ☐ Mix until just combined, and then fold in the egg whites.
- ☐ Pour evenly into the prepared pans and bake until a toothpick comes out clean, 20 to 25 minutes.
- ☐ Remove from the oven and allow to cool for 15 minutes. Then turn the cakes out onto cooling racks and allow to cool completely.
- ☐ For the frosting: In a medium bowl, combine the cream cheese, butter, vanilla and powdered sugar. Beat until light and fluffy. Stir in the pecans and coconut.
- ☐ Cut each cake in half lengthwise so you are left with 4 layers.

Spread the first layer with frosting and top with blueberries. Repeat the cake, frosting and blueberry layers until you have 4 layers of cake. Arrange more blueberries around the edge of each layer for structure.

Nutrition Facts



Properties

Glycemic Index:34.51, Glycemic Load:26.69, Inflammation Score:-6, Nutrition Score:12.278695769932%

Flavonoids

Cyanidin: 5.98mg, Cyanidin: 5.98mg, Cyanidin: 5.98mg, Cyanidin: 5.98mg Petunidin: 18.65mg, Petunidin: 18.65mg, Petunidin: 18.65mg, Petunidin: 18.65mg Delphinidin: 21.62mg, Delphinidin: 21.62mg, Delphinidin: 21.62mg, Delphinidin: 21.62mg Malvidin: 39.98mg, Malvidin: 39.98mg, Malvidin: 39.98mg, Malvidin: 39.98mg Peonidin: 12mg, Peonidin: 12mg, Peonidin: 12mg Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 830.05kcal (41.5%), Fat: 34.99g (53.84%), Saturated Fat: 16.08g (100.52%), Carbohydrates: 124g (41.33%), Net Carbohydrates: 120.44g (43.8%), Sugar: 101.21g (112.45%), Cholesterol: 126.62mg (42.21%), Sodium: 355.26mg (15.45%), Alcohol: 0.6g (100%), Alcohol %: 0.26% (100%), Protein: 8.36g (16.72%), Manganese: 0.85mg (42.31%), Selenium: 18.24µg (26.06%), Vitamin B2: 0.33mg (19.6%), Vitamin K: 19.99µg (19.03%), Vitamin A: 878.99IU (17.58%), Vitamin B1: 0.26mg (17.54%), Phosphorus: 149.11mg (14.91%), Fiber: 3.56g (14.22%), Folate: 56.19µg (14.05%), Copper: 0.22mg (11.13%), Iron: 1.93mg (10.74%), Vitamin E: 1.51mg (10.07%), Calcium: 84.98mg (8.5%), Vitamin B3: 1.69mg (8.46%), Zinc: 1.15mg (7.66%), Vitamin B5: 0.76mg (7.6%), Magnesium: 29.04mg (7.26%), Vitamin C: 5.84mg (7.08%), Potassium: 213.03mg (6.09%), Vitamin B6: 0.11mg (5.71%), Vitamin B12: 0.26µg (4.37%), Vitamin D: 0.37µg (2.44%)