

Black Walnut Cake I

READY IN



120 min.

SERVINGS



10

CALORIES



861 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup walnuts black chopped
- ☐ 1.5 cups brown sugar packed
- ☐ 0.3 cup butter
- ☐ 4 cups confectioners' sugar sifted
- ☐ 8 ounce cream cheese
- ☐ 5 eggs
- ☐ 3 cups flour all-purpose sifted
- ☐ 1 cup milk

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups sugar white

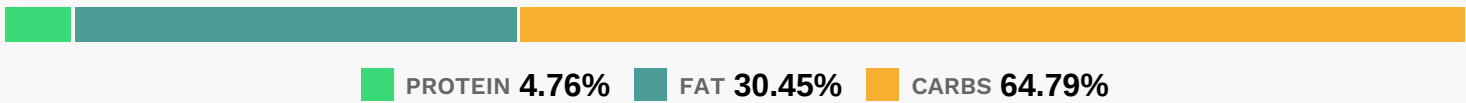
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 10 inch tube pan.
- ☐ In a large bowl, cream 1 cup butter, shortening, brown sugar, and white sugar.
- ☐ Add eggs, one at a time, beating well after each addition. Sift together flour, baking powder, and salt, and add alternately with milk to the creamed mixture. Stir in 1 teaspoon vanilla and 1 cup black walnuts.
- ☐ Pour batter into prepared pan.
- ☐ Bake in the preheated oven for 80 to 90 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.
- ☐ In a mixing bowl, cream together cream cheese and 1/4 cup butter.
- ☐ Add confectioners' sugar, beat well. Stir in 1 teaspoon vanilla. Frost cooled cake, and sprinkle with 1/2 cup nuts.

Nutrition Facts



Properties

Glycemic Index:35.21, Glycemic Load:42.52, Inflammation Score:-5, Nutrition Score:11.920869573303%

Nutrients (% of daily need)

Calories: 860.89kcal (43.04%), Fat: 29.68g (45.66%), Saturated Fat: 11.47g (71.7%), Carbohydrates: 142.11g (47.37%), Net Carbohydrates: 140.67g (51.15%), Sugar: 111.23g (123.58%), Cholesterol: 119.88mg (39.96%), Sodium: 318.71mg (13.86%), Alcohol: 0.14g (100%), Alcohol %: 0.07% (100%), Protein: 10.43g (20.87%), Selenium: 23.86µg (34.09%), Manganese: 0.53mg (26.72%), Vitamin B2: 0.4mg (23.35%), Vitamin B1: 0.33mg (21.87%), Folate: 83.44µg (20.86%), Phosphorus: 176.5mg (17.65%), Iron: 2.68mg (14.87%), Calcium: 127.02mg (12.7%), Vitamin A: 607.23IU (12.14%), Vitamin B3: 2.35mg (11.73%), Vitamin B5: 0.95mg (9.45%), Copper: 0.18mg (9.03%), Vitamin E: 1.33mg (8.89%), Magnesium: 31.66mg (7.92%), Zinc: 0.99mg (6.63%), Vitamin B6: 0.13mg (6.59%), Vitamin B12: 0.39µg (6.45%), Vitamin K: 6.75µg (6.43%), Potassium: 217.22mg (6.21%), Fiber: 1.44g (5.75%), Vitamin D: 0.71µg (4.72%)