



Black Walnut Cake II

READY IN



45 min.

SERVINGS



16

CALORIES



339 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 1 cup walnuts black chopped
- 0.5 cup butter
- 3 eggs
- 2.8 cups flour all-purpose
- 1.1 cups milk
- 1 teaspoon salt
- 0.5 cup shortening
- 1 teaspoon vanilla extract

- 1 teaspoon walnut extract black
- 1.7 cups sugar white

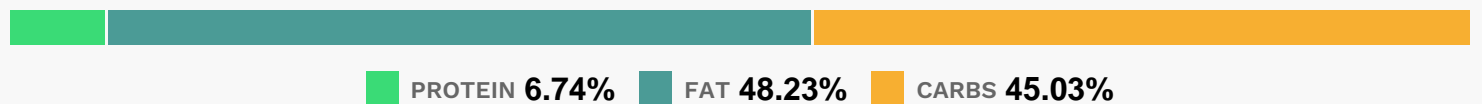
Equipment

- bowl
- oven
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 9 inch round cake pans. Sift flour, salt and baking powder together and set aside.
- In a large bowl, cream butter, shortening and sugar until light and fluffy.
- Add eggs one at a time and beat in well.
- Add flour mixture alternately with milk and mix well.
- Add vanilla and walnut extract. Fold in nuts.
- Pour batter into 2 - 9 inch pans.
- Bake at 350 degrees F (175 degrees C) for 35 to 40 minutes, or until a toothpick inserted into the cake comes out clean.

Nutrition Facts



Properties

Glycemic Index:20.32, Glycemic Load:26.84, Inflammation Score:-3, Nutrition Score:7.019999925857%

Nutrients (% of daily need)

Calories: 339.17kcal (16.96%), Fat: 18.56g (28.56%), Saturated Fat: 6.13g (38.32%), Carbohydrates: 38.98g (12.99%), Net Carbohydrates: 37.85g (13.76%), Sugar: 21.83g (24.26%), Cholesterol: 48mg (16%), Sodium: 263.27mg (11.45%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Protein: 5.84g (11.67%), Manganese: 0.47mg (23.39%), Selenium: 11.72µg (16.74%), Vitamin B1: 0.19mg (12.52%), Folate: 45.92µg (11.48%), Phosphorus: 111.2mg (11.12%), Vitamin B2: 0.18mg (10.86%), Iron: 1.47mg (8.15%), Copper: 0.15mg (7.46%), Vitamin B3: 1.33mg (6.67%), Calcium: 65.37mg (6.54%), Magnesium: 24.41mg (6.1%), Vitamin E: 0.81mg (5.41%), Vitamin A: 252.86IU (5.06%), Vitamin B5: 0.47mg

(4.71%), Fiber: 1.13g (4.53%), Vitamin B6: 0.08mg (4.08%), Zinc: 0.61mg (4.07%), Vitamin K: 4.26µg (4.06%), Potassium: 105.2mg (3.01%), Vitamin B12: 0.18µg (2.97%), Vitamin D: 0.35µg (2.36%)