

Brandy Almond Cake

 Vegetarian

READY IN



200 min.

SERVINGS



6

CALORIES



742 kcal

DESSERT

Ingredients

- 1 teaspoon almond extract
- 0.5 cup brandy
- 1 cup butter
- 4 eggs separated
- 1 cup milk
- 3 cups self raising flour
- 1 teaspoon vanilla extract
- 2 cups water

- 1 cup granulated sugar white

Equipment

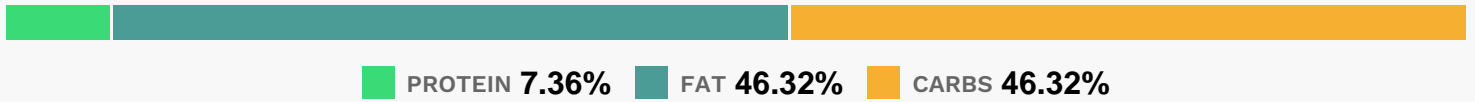
- bowl
- frying pan
- oven
- whisk
- mixing bowl
- wire rack
- baking pan
- hand mixer
- toothpicks

Directions

- Preheat an oven to 300 degrees F (150 degrees C). Grease and flour an 8 inch round baking pan.
- Beat the butter and 1 1/2 cups of sugar with an electric mixer in a large bowl until light and fluffy. The mixture should be noticeably lighter in color.
- Add the room-temperature egg yolks one at a time, allowing each egg yolk to blend into the butter mixture before adding the next.
- Pour in the flour alternately with the milk, mixing until just incorporated. Stir in the almond extract. Beat egg whites until stiff peaks form in a large glass or metal mixing bowl. Lift your beater or whisk straight up: the egg whites should form a sharp peak that holds its shape. Fold the egg whites into the batter; mixing just enough to evenly combine.
- Pour the batter into prepared pan.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 90 minutes. Cool in the pan for 10 minutes before removing to cool completely on a wire rack.
- Cut any excess cake so that it is flush with the sides of the pan.
- Bring the water and 1 cup of sugar to a boil for 8 to 10 minutes. Reduce heat to a simmer, then add brandy and 1 teaspoon vanilla extract. Simmer for 2 to 3 minutes and remove from heat. Allow syrup to cool to room temperature. Prick holes in the cooled cake with a toothpick, then

slowly saturate the cake with the brandy syrup.

Nutrition Facts



Properties

Glycemic Index:40.02, Glycemic Load:53.37, Inflammation Score:-6, Nutrition Score:10.419130480808%

Nutrients (% of daily need)

Calories: 741.61kcal (37.08%), Fat: 35.92g (55.26%), Saturated Fat: 21.27g (132.96%), Carbohydrates: 80.83g (26.94%), Net Carbohydrates: 79.33g (28.85%), Sugar: 35.72g (39.68%), Cholesterol: 195.34mg (65.11%), Sodium: 306.22mg (13.31%), Alcohol: 7.14g (100%), Alcohol %: 2.98% (100%), Protein: 12.84g (25.68%), Selenium: 35.17µg (50.24%), Manganese: 0.51mg (25.64%), Vitamin A: 1170.98IU (23.42%), Phosphorus: 169.74mg (16.97%), Vitamin B2: 0.25mg (14.64%), Vitamin E: 1.46mg (9.71%), Vitamin B5: 0.92mg (9.17%), Vitamin B12: 0.55µg (9.08%), Folate: 35.55µg (8.89%), Calcium: 87.75mg (8.77%), Copper: 0.16mg (7.77%), Zinc: 1.13mg (7.54%), Vitamin D: 1.03µg (6.89%), Magnesium: 25.73mg (6.43%), Iron: 1.11mg (6.16%), Fiber: 1.5g (6%), Vitamin B1: 0.09mg (5.85%), Potassium: 176.1mg (5.03%), Vitamin B6: 0.1mg (4.97%), Vitamin B3: 0.71mg (3.57%), Vitamin K: 3.05µg (2.9%)