



Burnt Sugar Cake II

READY IN



45 min.

SERVINGS



16

CALORIES



264 kcal

DESSERT

Ingredients

- ☐ 3 teaspoons double-acting baking powder
- ☐ 0.8 cup butter
- ☐ 3 cups cake flour sifted
- ☐ 3 eggs
- ☐ 0.7 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water hot
- ☐ 1.8 cups sugar white

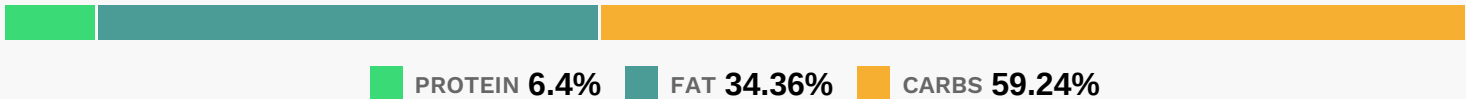
Equipment

- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ baking pan
- ☐ wooden spoon

Directions

- ☐ Prepare burnt sugar by placing 1/2 white sugar into a heavy skillet over medium high heat, stirring constantly with a wooden spoon as sugar melts. When it becomes very dark brown, remove from heat, add hot water very slowly and stir until dissolved. Set aside to cool.
- ☐ Preheat oven to 350 degrees F (175 degrees F). Line two 9 inch round baking pans with parchment paper.
- ☐ Sift the flour, baking powder and salt together three times.
- ☐ Cream the butter or margarine with the remaining 1 1/4 cups white sugar until light and fluffy.
- ☐ Add the eggs 1 at a time, beating thoroughly after each. Stir in the vanilla and the burnt sugar syrup mixture.
- ☐ Add the dry ingredients and milk alternately to the creamed mixture. Beat until smooth.
- ☐ Pour batter into the prepared pans.
- ☐ Bake at 350 degrees F (175 degrees C) for 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:19.82, Glycemic Load:26.66, Inflammation Score:-2, Nutrition Score:3.6230435293654%

Nutrients (% of daily need)

Calories: 264.14kcal (13.21%), Fat: 10.2g (15.69%), Saturated Fat: 5.97g (37.34%), Carbohydrates: 39.57g (13.19%), Net Carbohydrates: 39g (14.18%), Sugar: 22.46g (24.96%), Cholesterol: 54.79mg (18.26%), Sodium: 237.13mg

(10.31%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 4.27g (8.54%), Selenium: 12.27µg (17.53%), Manganese: 0.19mg (9.5%), Phosphorus: 68.34mg (6.83%), Calcium: 67.7mg (6.77%), Vitamin A: 327.4IU (6.55%), Vitamin B2: 0.07mg (4.34%), Folate: 11.93µg (2.98%), Vitamin E: 0.43mg (2.88%), Vitamin B5: 0.28mg (2.79%), Copper: 0.05mg (2.57%), Iron: 0.45mg (2.51%), Vitamin B12: 0.15µg (2.44%), Zinc: 0.36mg (2.4%), Fiber: 0.56g (2.26%), Magnesium: 8.57mg (2.14%), Vitamin B1: 0.03mg (1.89%), Vitamin D: 0.28µg (1.85%), Potassium: 53.6mg (1.53%), Vitamin B6: 0.03mg (1.46%), Vitamin B3: 0.26mg (1.28%)