



Butterfly Stencil Cake

READY IN



165 min.

SERVINGS



12

CALORIES



468 kcal

DESSERT

Ingredients

- ☐ 2.3 cups flour all-purpose
- ☐ 1.3 cups sugar
- ☐ 0.8 cup butter softened
- ☐ 1 cup milk
- ☐ 3.5 teaspoons double-acting baking powder
- ☐ 3 eggs
- ☐ 2 teaspoons poppy seeds
- ☐ 16 oz vanilla frosting
- ☐ 2 tablespoons cocoa powder unsweetened

☐ 1 serving almonds sliced

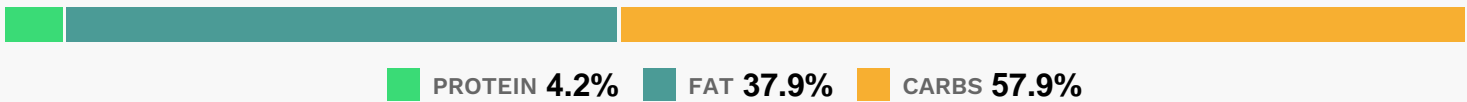
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ wooden spoon

Directions

- ☐ Heat oven to 350°F. Grease bottom and sides of 13x9-inch pan with shortening; lightly flour.
- ☐ In large bowl, beat all ingredients except poppy seed, frosting, cocoa and candies with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on high speed 2 minutes, scraping bowl occasionally. Stir in poppy seed.
- ☐ Pour into pan.
- ☐ Bake 30 to 35 minutes or until cakes springs back when touched lightly in center. Cool 10 minutes; remove from pan to wire rack. Cool completely, about 1 hour 30 minutes.
- ☐ Place on serving platter.
- ☐ Spread frosting on top and sides of cake.
- ☐ For butterfly design, hold handle of large wooden spoon crosswise over center of frosted cake (hold spoon close to cake); sift cocoa over handle to form outline of butterfly body. Hold bowl of spoon over cake at angle to butterfly body; sift cocoa over edge of bowl of spoon to form outline of wing part. Repeat to form 3 remaining wing parts. Decorate with almonds.

Nutrition Facts



Properties

Glycemic Index:27.76, Glycemic Load:40.63, Inflammation Score:-5, Nutrition Score:7.5634782745138%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 467.59kcal (23.38%), Fat: 19.91g (30.64%), Saturated Fat: 4.35g (27.16%), Carbohydrates: 68.47g (22.82%), Net Carbohydrates: 67.39g (24.51%), Sugar: 47.15g (52.39%), Cholesterol: 43.36mg (14.45%), Sodium: 351.37mg (15.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.92%), Vitamin B2: 0.33mg (19.15%), Selenium: 12.37µg (17.67%), Vitamin B1: 0.22mg (14.46%), Folate: 53.53µg (13.38%), Vitamin A: 599.83IU (12%), Manganese: 0.24mg (11.9%), Calcium: 117.46mg (11.75%), Phosphorus: 115.06mg (11.51%), Iron: 1.69mg (9.38%), Vitamin E: 1.19mg (7.93%), Vitamin B3: 1.58mg (7.88%), Vitamin K: 5.1µg (4.86%), Fiber: 1.07g (4.3%), Copper: 0.09mg (4.27%), Magnesium: 16.34mg (4.09%), Vitamin B5: 0.39mg (3.88%), Vitamin B12: 0.22µg (3.7%), Zinc: 0.52mg (3.49%), Potassium: 108.05mg (3.09%), Vitamin D: 0.44µg (2.96%), Vitamin B6: 0.05mg (2.27%)