



## Buttermilk Layer Cake

READY IN



45 min.

SERVINGS



10

CALORIES



495 kcal

DESSERT

### Ingredients

- 0.5 teaspoon baking soda
- 1.5 cups buttermilk
- 3 large eggs
- 2.5 cups flour all-purpose
- 0.5 teaspoon salt
- 1 cup shortening
- 2 cups sugar
- 2 teaspoons vanilla extract

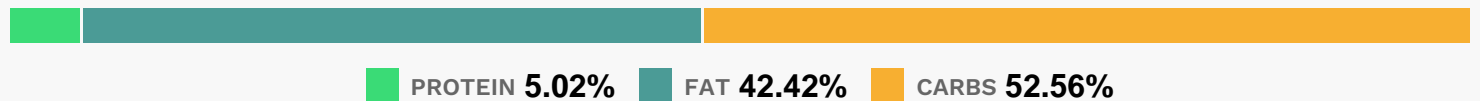
## Equipment

- frying pan
- oven
- hand mixer

## Directions

- Beat shortening at medium speed with an electric mixer until creamy. Gradually add sugar, beating well.
- Add eggs, 1 at a time, beating until blended after each addition.
- Combine flour, salt, and soda; add to shortening mixture alternately with buttermilk, beginning and ending with flour mixture. Beat at low speed until blended after each addition. Beat at medium-high speed 2 minutes. Stir in vanilla.
- Pour batter into 3 greased and floured 8-inch round cakepans.
- Bake at 350 for 22 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 10 minutes; remove from pans. Cool completely on wire racks.
- Spread Caramel Frosting between layers and on top and sides of cake.
- Chocolate-Buttermilk Cake: Substitute 1/2 cup cocoa for 1/2 cup flour.
- Pour batter into a lightly greased 13- x 9-inch pan.
- Bake at 350 for 40 minutes or until a wooden pick inserted in center comes out clean.

## Nutrition Facts



## Properties

Glycemic Index:17.61, Glycemic Load:45.72, Inflammation Score:-3, Nutrition Score:7.829130390416%

## Nutrients (% of daily need)

Calories: 495.04kcal (24.75%), Fat: 23.55g (36.24%), Saturated Fat: 6.33g (39.54%), Carbohydrates: 65.65g (21.88%), Net Carbohydrates: 64.81g (23.57%), Sugar: 41.92g (46.58%), Cholesterol: 59.76mg (19.92%), Sodium: 232.01mg (10.09%), Alcohol: 0.28g (100%), Alcohol %: 0.24% (100%), Protein: 6.27g (12.55%), Selenium: 16.77µg (23.96%), Vitamin B1: 0.27mg (18.16%), Vitamin B2: 0.29mg (17.25%), Folate: 66.04µg (16.51%), Manganese: 0.22mg

(11.13%), Vitamin K: 11.15µg (10.62%), Iron: 1.76mg (9.78%), Vitamin E: 1.46mg (9.72%), Vitamin B3: 1.89mg (9.46%), Phosphorus: 94.1mg (9.41%), Vitamin B5: 0.64mg (6.43%), Calcium: 55.25mg (5.53%), Vitamin D: 0.77µg (5.12%), Vitamin B12: 0.3µg (4.99%), Zinc: 0.55mg (3.69%), Copper: 0.07mg (3.41%), Fiber: 0.84g (3.38%), Magnesium: 12.37mg (3.09%), Potassium: 104.75mg (2.99%), Vitamin A: 140.4IU (2.81%), Vitamin B6: 0.05mg (2.63%)