



Buttermilk Layer Cake with Praline Icing

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



317 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 2 teaspoons butter
- ☐ 1 cup brown sugar dark packed
- ☐ 1 tablespoon plus dark
- ☐ 1 large egg white
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose

- ☐ 2 teaspoons flour all-purpose
- ☐ 1.3 cups granulated sugar
- ☐ 1 cup buttermilk low-fat
- ☐ 6 tablespoons milk 1% low-fat
- ☐ 2 tablespoons pecans toasted chopped
- ☐ 2 cups powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 1 Dash salt
- ☐ 1 teaspoon vanilla extract
- ☐ 2 teaspoons vanilla extract

Equipment

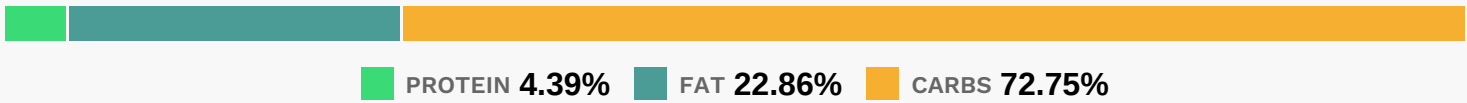
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ wax paper
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare the cake, coat 2 (8-inch) round cake pans with cooking spray, and line bottoms with wax paper. Coat wax paper with cooking spray, and dust with 2 teaspoons flour.
- ☐ Combine the granulated sugar and 1/2 cup butter in a large bowl, and beat with a mixer at medium speed until well-blended (about 5 minutes).

- ☐ Add the eggs and egg white, 1 at a time, beating well after each addition; beat in 2 teaspoons vanilla. Lightly spoon 2 cups flour into dry measuring cups; level with a knife.
- ☐ Combine 2 cups flour, baking soda, and salt; stir well with a whisk.
- ☐ Add the flour mixture to the sugar mixture alternately with buttermilk, beginning and ending with flour mixture; beat well after each addition.
- ☐ Pour the batter into prepared pans.
- ☐ Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes on a wire rack; remove from pans. Carefully peel off wax paper, and cool completely on wire rack.
- ☐ To prepare the icing, combine the brown sugar and the next 4 ingredients (brown sugar through dash of salt) in a medium saucepan. Bring to a boil over medium-high heat, stirring constantly. Reduce heat, and simmer until slightly thick (about 5 minutes), stirring occasionally.
- ☐ Pour brown sugar mixture into a large bowl.
- ☐ Add powdered sugar and 1 teaspoon vanilla; beat with a mixer at medium speed until smooth. Cool 2 to 3 minutes (icing will be thin but thickens as it cools).
- ☐ Place 1 cake layer on a plate, and spoon 1/3 cup icing onto the cake layer, spreading to cover. Top with remaining cake layer.
- ☐ Spread remaining icing over top and sides of cake.
- ☐ Sprinkle top with pecans. Store cake loosely covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:26.26, Glycemic Load:20.64, Inflammation Score:-2, Nutrition Score:4.2243478797052%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

0.03mg

Nutrients (% of daily need)

Calories: 317.04kcal (15.85%), Fat: 8.18g (12.58%), Saturated Fat: 4.4g (27.47%), Carbohydrates: 58.55g (19.52%), Net Carbohydrates: 58g (21.09%), Sugar: 45.9g (50.99%), Cholesterol: 40.73mg (13.58%), Sodium: 202.44mg (8.8%), Alcohol: 0.26g (100%), Alcohol %: 0.32% (100%), Protein: 3.54g (7.07%), Selenium: 8.64µg (12.35%), Vitamin B1: 0.14mg (9.63%), Vitamin B2: 0.16mg (9.29%), Manganese: 0.18mg (9.01%), Folate: 33.58µg (8.39%), Iron: 1.01mg (5.61%), Phosphorus: 55.03mg (5.5%), Vitamin B3: 1mg (4.98%), Vitamin A: 245.42IU (4.91%), Calcium: 45.34mg (4.53%), Copper: 0.05mg (2.72%), Vitamin B5: 0.27mg (2.69%), Potassium: 88.17mg (2.52%), Magnesium: 9.9mg (2.48%), Zinc: 0.35mg (2.35%), Vitamin B12: 0.14µg (2.3%), Fiber: 0.55g (2.19%), Vitamin E: 0.28mg (1.87%), Vitamin B6: 0.04mg (1.75%), Vitamin D: 0.19µg (1.25%)