



Caramel Cake

READY IN



180 min.

SERVINGS



9

CALORIES



453 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 1 cup buttermilk well-shaken
- ☐ 2 cups cake flour sifted (not self-rising; sift before measuring)
- ☐ 1 tablespoon plus light
- ☐ 2 large eggs at room temperature
- ☐ 1 cup heavy cream
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.5 teaspoon salt

- ☐ 1 cup sugar
- ☐ 1 stick butter unsalted softened
- ☐ 1 teaspoon vanilla extract pure

Equipment

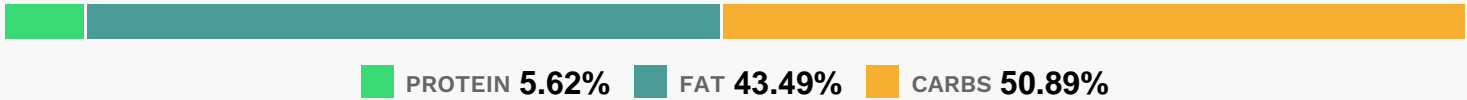
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ hand mixer
- ☐ cake form
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350°F with rack in middle. Butter an 8-inch square cake pan and line with a square of parchment paper, then butter parchment.
- ☐ Sift together flour, baking powder, baking soda, and salt.
- ☐ Beat butter and sugar in a large bowl with an electric mixer at medium speed until pale and fluffy, then beat in vanilla.
- ☐ Add eggs 1 at a time, beating well after each addition. At low speed, beat in buttermilk until just combined (mixture may look curdled).
- ☐ Add flour mixture in 3 batches, mixing until each addition is just incorporated.
- ☐ Spread batter evenly in cake pan, then rap pan on counter several times to eliminate air bubbles.
- ☐ Bake until golden and a wooden pick inserted in center of cake comes out clean, 35 to 40 minutes. Cool in pan on a rack 10 minutes, then run a knife around edge of pan. Invert onto rack and discard parchment, then cool completely, about 1 hour.

- ☐
- Bring cream, brown sugar, corn syrup, and a pinch of salt to a boil in a 1 1/2-quart heavy saucepan over medium heat, stirring until sugar has dissolved. Boil until glaze registers 210 to 212°F on thermometer, 12 to 14 minutes, then stir in vanilla.
- ☐
- Put rack with cake in a shallow baking pan and pour hot glaze over top of cake, allowing it to run down sides. Cool until glaze is set, about 30 minutes.
- ☐
- Cake (before glazing) can be made 1 day ahead and kept in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:31.01, Glycemic Load:29.44, Inflammation Score:-4, Nutrition Score:6.0565217603808%

Nutrients (% of daily need)

Calories: 453.07kcal (22.65%), Fat: 22.21g (34.16%), Saturated Fat: 13.45g (84.09%), Carbohydrates: 58.47g (19.49%), Net Carbohydrates: 57.8g (21.02%), Sugar: 38.18g (42.42%), Cholesterol: 101.14mg (33.71%), Sodium: 325.56mg (14.15%), Alcohol: 0.15g (100%), Alcohol %: 0.14% (100%), Protein: 6.46g (12.91%), Selenium: 16.64µg (23.78%), Vitamin A: 807.05IU (16.14%), Manganese: 0.24mg (11.75%), Vitamin B2: 0.17mg (10.11%), Phosphorus: 100.22mg (10.02%), Calcium: 98.45mg (9.85%), Vitamin D: 1.18µg (7.87%), Vitamin E: 0.78mg (5.21%), Vitamin B5: 0.49mg (4.91%), Vitamin B12: 0.29µg (4.75%), Folate: 17.28µg (4.32%), Copper: 0.08mg (3.9%), Zinc: 0.57mg (3.82%), Magnesium: 14.35mg (3.59%), Potassium: 124.74mg (3.56%), Iron: 0.63mg (3.5%), Vitamin B1: 0.05mg (3.11%), Vitamin B6: 0.05mg (2.68%), Fiber: 0.67g (2.67%), Vitamin K: 1.92µg (1.83%), Vitamin B3: 0.35mg (1.74%)