



Caramel Cake with Caramel Nut Frosting

READY IN



45 min.

SERVINGS



3

CALORIES



1970 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 cup butter
- ☐ 2.5 cups cake flour
- ☐ 4 eggs
- ☐ 12 fluid ounce evaporated milk canned
- ☐ 1 cup milk
- ☐ 1 pinch salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup walnuts chopped

☐ 3 cups sugar white

Equipment

☐ sauce pan

☐ oven

☐ toothpicks

☐ spatula

Directions

☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour three 8 inch round pans. Sift flour, baking powder and 1/2 teaspoon salt together and set aside.

☐ Cream 1/2 cup butter and 1 1/4 cup sugar until light and fluffy.

☐ Add eggs one at a time, beating well after each.

☐ Add flour mixture alternately with milk.

☐ Add 1 teaspoon vanilla and beat until smooth.

☐ Divide batter into three 8 inch pans.

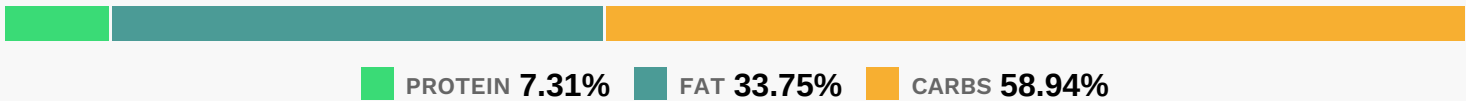
☐ Bake at 350 degrees F (175 degrees C) for 25 to 30 minutes, or until a toothpick inserted into cake comes out clean.

☐ Caramel Nut Frosting: In a heavy saucepan, combine 3 cups sugar, evaporated milk and a pinch of salt. Bring to a boil and stir until sugar is dissolved. Lower heat and cook until soft ball stage. Stir with spatula to keep from sticking.

☐ Remove from heat and cool 5 minutes.

☐ Add 1/2 cup butter, 1 teaspoon vanilla and nuts. Beat until spreading consistency.

Nutrition Facts



Properties

Glycemic Index:112.36, Glycemic Load:191.24, Inflammation Score:-8, Nutrition Score:33.240869242212%

Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg

Nutrients (% of daily need)

Calories: 1969.99kcal (98.5%), Fat: 75.6g (116.31%), Saturated Fat: 30.87g (192.94%), Carbohydrates: 297.12g (99.04%), Net Carbohydrates: 292g (106.18%), Sugar: 217.14g (241.26%), Cholesterol: 343.64mg (114.55%), Sodium: 783.43mg (34.06%), Alcohol: 0.46g (100%), Alcohol %: 0.09% (100%), Protein: 36.84g (73.69%), Manganese: 2.19mg (109.73%), Selenium: 67.13µg (95.89%), Phosphorus: 741.98mg (74.2%), Calcium: 663.38mg (66.34%), Vitamin B2: 0.93mg (54.54%), Copper: 0.89mg (44.34%), Vitamin A: 1686.59IU (33.73%), Magnesium: 134.49mg (33.62%), Folate: 110.77µg (27.69%), Zinc: 4.15mg (27.65%), Vitamin B5: 2.68mg (26.78%), Potassium: 853.09mg (24.37%), Vitamin B6: 0.46mg (22.9%), Vitamin B1: 0.34mg (22.86%), Iron: 3.73mg (20.71%), Fiber: 5.12g (20.47%), Vitamin B12: 1.21µg (20.25%), Vitamin E: 2.41mg (16.09%), Vitamin D: 2.19µg (14.58%), Vitamin B3: 1.86mg (9.29%), Vitamin K: 5.14µg (4.9%), Vitamin C: 2.75mg (3.34%)