



Caramel Layer Cake

READY IN



45 min.

SERVINGS



16

CALORIES



283 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 3 tablespoons butter
- 7 tablespoons butter softened
- 1 tablespoon cake flour
- 8 ounces cake flour
- 0.5 cup brown sugar dark packed
- 0.5 cup egg substitute
- 1 cup milk fat-free

- 1 cup brown sugar light packed
- 0.1 teaspoon salt
- 0.3 teaspoon salt
- 14 ounce condensed milk sweetened canned
- 1 teaspoon vanilla extract

Equipment

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

Directions

- Preheat oven to 35
- To prepare cake, coat 2 (8-inch) round cake pans with cooking spray; line bottoms of pans with wax paper. Lightly coat wax paper with cooking spray; dust pans with 1 tablespoon flour. Set aside.
- Place 1 cup light brown sugar and 7 tablespoons butter in a large mixing bowl; beat with a mixer at medium speed 3 minutes or until well blended.
- Add egg substitute to sugar mixture; beat well. Lightly spoon 2 cups flour into dry measuring cups; level with a knife.
- Combine flour, baking powder, baking soda, and 1/4 teaspoon salt, stirring well with a whisk.
- Add flour mixture to sugar mixture alternately with 1 cup milk, beginning and ending with flour mixture.
- Spoon batter into prepared pans. Sharply tap pans once on counter to remove air bubbles.

- 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.
- Remove wax paper; discard. Cool cakes completely on wire rack.
- To prepare frosting, combine 1/2 cup dark brown sugar and remaining ingredients in a medium, heavy saucepan over medium heat; bring to a boil. Cook 2 minutes or until mixture is thick, stirring constantly.
- Place 1 cake layer on a plate; spread with 1/3 cup frosting. Top with remaining cake layer.
- Spread remaining frosting over top and sides of cake.

Nutrition Facts

PROTEIN 7.08%

FAT 29.79%

CARBS 63.13%

Properties

Glycemic Index:26.27, Glycemic Load:15.41, Inflammation Score:-3, Nutrition Score:4.7417391357215%

Nutrients (% of daily need)

Calories: 283.15kcal (14.16%), Fat: 9.51g (14.63%), Saturated Fat: 5.9g (36.89%), Carbohydrates: 45.33g (15.11%), Net Carbohydrates: 44.98g (16.36%), Sugar: 34.51g (38.34%), Cholesterol: 27.71mg (9.24%), Sodium: 230.26mg (10.01%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Protein: 5.09g (10.17%), Selenium: 13.21µg (18.87%), Calcium: 132.3mg (13.23%), Phosphorus: 107.13mg (10.71%), Vitamin B2: 0.16mg (9.66%), Vitamin A: 333.3IU (6.67%), Manganese: 0.13mg (6.6%), Potassium: 178.15mg (5.09%), Vitamin B5: 0.47mg (4.66%), Vitamin B12: 0.24µg (3.97%), Magnesium: 15.2mg (3.8%), Vitamin B1: 0.05mg (3.47%), Zinc: 0.51mg (3.43%), Iron: 0.5mg (2.8%), Vitamin E: 0.42mg (2.8%), Folate: 9.53µg (2.38%), Vitamin B6: 0.05mg (2.28%), Vitamin D: 0.34µg (2.25%), Copper: 0.04mg (2.11%), Fiber: 0.35g (1.4%), Vitamin B3: 0.25mg (1.27%)