



Caramel Nougat Cake II

READY IN



45 min.

SERVINGS



12

CALORIES



401 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 2 cups cake flour
- 8.6 ounce rolos
- 5 egg whites
- 1 cup milk
- 0.1 teaspoon salt
- 0.8 cup shortening
- 1.5 teaspoons vanilla extract
- 1.5 cups granulated sugar white

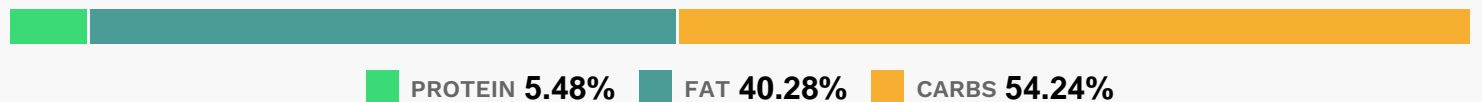
Equipment

- oven
- hand mixer

Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease and flour two 8 inch round cake pans.
- Sift cake flour and combine with baking powder, and salt. Set mixture aside.
- With and electric mixer, beat shortening, sugar, and vanilla until fluffy.
- Add flour mixture and milk alternately to the shortening mixture.
- Beat egg whites until stiff peaks form. Fold egg whites into flour mixture then fold in chopped candy bars.
- Pour batter into prepared pans.
- Bake at 375 degrees F (190 degrees C) for 20 minutes.
- Let cakes cool in pans for 10 minutes then remove from pans.
- Drizzle with melted caramel if desired.

Nutrition Facts



Properties

Glycemic Index:22.26, Glycemic Load:27.69, Inflammation Score:-1, Nutrition Score:3.9208695616411%

Nutrients (% of daily need)

Calories: 401.34kcal (20.07%), Fat: 18.16g (27.93%), Saturated Fat: 6.58g (41.11%), Carbohydrates: 55.02g (18.34%), Net Carbohydrates: 54.34g (19.76%), Sugar: 39.13g (43.47%), Cholesterol: 4.88mg (1.63%), Sodium: 127.45mg (5.54%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Protein: 5.56g (11.12%), Selenium: 11.31µg (16.15%), Manganese: 0.17mg (8.47%), Calcium: 78.5mg (7.85%), Vitamin B2: 0.13mg (7.36%), Vitamin E: 1.1mg (7.35%), Vitamin K: 7.59µg (7.23%), Phosphorus: 64.38mg (6.44%), Potassium: 111.22mg (3.18%), Vitamin B12: 0.19µg (3.13%), Vitamin B5: 0.28mg (2.78%), Fiber: 0.68g (2.73%), Vitamin B1: 0.04mg (2.35%), Magnesium: 9.17mg (2.29%), Copper: 0.04mg (2.16%), Iron: 0.34mg (1.9%), Folate: 7.38µg (1.84%), Zinc: 0.27mg (1.78%), Vitamin D: 0.22µg (1.49%), Vitamin B3: 0.25mg (1.27%), Vitamin A: 57.94IU (1.16%), Vitamin B6: 0.02mg (1.05%)