



Caramel Spice Cake

READY IN



90 min.

SERVINGS



8

CALORIES



928 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.8 teaspoon baking soda
- 1.3 cups brown sugar packed
- 0.3 cup butter
- 0.3 cup buttermilk
- 3 cups confectioners' sugar sifted
- 3 eggs
- 3 cups flour all-purpose
- 0.5 teaspoon ground allspice

- 1 teaspoon ground cinnamon
- 0.8 teaspoon ground cloves
- 0.5 teaspoon ground nutmeg
- 1 cup pecans chopped
- 0.5 teaspoon salt
- 0.8 cup shortening
- 1 teaspoon vanilla extract
- 1 cup sugar white

Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour 2 (9 inch) pans. Sift together the flour, baking powder, baking soda, salt, cinnamon, 3/4 teaspoon nutmeg, cloves and allspice. Set aside.
- In a large bowl, cream together the shortening, brown sugar and 1 cup white sugar until light and fluffy. Beat in the eggs one at a time, then stir in 2 teaspoons vanilla. Beat in the flour mixture alternately with 1 1/2 buttermilk, mixing just until incorporated. Stir in pecans.
- Pour batter into prepared pans.
- Bake in the preheated oven for 35 to 40 minutes, or until a toothpick inserted into the center of the cake comes out clean.
- Let cool in pan for 10 minutes, then turn out onto a wire rack and cool completely.
- To make the frosting: In a large bowl, combine butter, 1/2 teaspoon salt, 1 teaspoon vanilla and about 1 cup of the confectioners' sugar. Beat well, then gradually beat in the remaining confectioners' sugar alternately with 1/4 cup buttermilk. Beat until smooth and creamy and spread on cake.

Nutrition Facts

PROTEIN 3.61% FAT 35.33% CARBS 61.06%

Properties

Glycemic Index:52.26, Glycemic Load:43.8, Inflammation Score:-4, Nutrition Score:14.022174026655%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 928.49kcal (46.42%), Fat: 37.22g (57.27%), Saturated Fat: 10.07g (62.93%), Carbohydrates: 144.75g (48.25%), Net Carbohydrates: 141.92g (51.61%), Sugar: 105.73g (117.48%), Cholesterol: 77.46mg (25.82%), Sodium: 444.69mg (19.33%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 8.55g (17.1%), Manganese: 1.13mg (56.47%), Selenium: 22.71µg (32.45%), Vitamin B1: 0.47mg (31.55%), Folate: 97.69µg (24.42%), Vitamin B2: 0.35mg (20.85%), Iron: 3.29mg (18.29%), Phosphorus: 153.28mg (15.33%), Vitamin B3: 3mg (15.01%), Copper: 0.27mg (13.55%), Calcium: 131.11mg (13.11%), Vitamin E: 1.76mg (11.75%), Fiber: 2.82g (11.3%), Vitamin K: 11.75µg (11.19%), Magnesium: 34.34mg (8.58%), Zinc: 1.23mg (8.17%), Vitamin B5: 0.79mg (7.93%), Vitamin A: 288.22IU (5.76%), Potassium: 196.49mg (5.61%), Vitamin B6: 0.1mg (4.86%), Vitamin B12: 0.19µg (3.22%), Vitamin D: 0.43µg (2.85%)