

Classic G noise

READY IN



45 min.

SERVINGS



12

CALORIES



108 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 tablespoon cake flour
- ☐ 3.8 ounces unsifted cake flour
- ☐ 4 large eggs
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ wax paper
- ☐ springform pan
- ☐ measuring cup
- ☐ sifter

Directions

- ☐ Preheat oven to 375
- ☐ Coat a 15 x 10-inch jelly-roll pan or a 9-inch springform pan with cooking spray; line with wax paper. Coat paper with cooking spray; dust with 1 tablespoon flour. Set aside.
- ☐ Cook butter in a small saucepan over medium heat until lightly browned (about 4 minutes).
- ☐ Pour into a small bowl; cool and set aside.
- ☐ Lightly spoon 1 cup flour into a dry measuring cup; level with a knife.
- ☐ Combine 1 cup flour and salt in a sifter. Sift the flour and salt once; set aside.
- ☐ Beat sugar, vanilla, and eggs at high speed of a mixer until ribbons fall from beaters (about 10 to 15 minutes or until the egg mixture holds its shape). Lightly spoon one-third of flour mixture onto egg mixture; quickly fold. Repeat procedure twice with remaining flour mixture.
- ☐ Stir about 1 cup batter into cooled browned butter. Gently fold butter mixture into remaining batter. Spoon batter into prepared pan; spread evenly.
- ☐ Bake in jelly-roll pan at 375 for 12 minutes or in springform pan for 20 minutes, or until a wooden pick inserted in center comes out clean or the cake springs back when touched lightly in center. Loosen from sides of pan; turn out onto a wire rack. Carefully peel off wax paper. Cool completely.

Nutrition Facts



 **PROTEIN 12.13%**  **FAT 30.73%**  **CARBS 57.14%**

Properties

Glycemic Index:21.17, Glycemic Load:10.26, Inflammation Score:-1, Nutrition Score:2.3639130585867%

Nutrients (% of daily need)

Calories: 107.69kcal (5.38%), Fat: 3.66g (5.63%), Saturated Fat: 1.74g (10.9%), Carbohydrates: 15.31g (5.1%), Net Carbohydrates: 15.09g (5.49%), Sugar: 8.45g (9.39%), Cholesterol: 67.02mg (22.34%), Sodium: 63.2mg (2.75%), Alcohol: 0.11g (100%), Alcohol %: 0.39% (100%), Protein: 3.25g (6.5%), Selenium: 8.94µg (12.77%), Vitamin B2: 0.08mg (4.97%), Phosphorus: 42.74mg (4.27%), Manganese: 0.08mg (4.03%), Vitamin B5: 0.3mg (3%), Vitamin A: 148.5IU (2.97%), Folate: 11.02µg (2.75%), Vitamin B12: 0.15µg (2.54%), Vitamin D: 0.33µg (2.22%), Iron: 0.38mg (2.12%), Zinc: 0.3mg (1.99%), Vitamin E: 0.27mg (1.78%), Vitamin B6: 0.03mg (1.6%), Copper: 0.03mg (1.5%), Calcium: 11.44mg (1.14%), Magnesium: 4.45mg (1.11%)