



Cottage Pudding (Cake for Strawberry Shortcake)

READY IN



60 min.

SERVINGS



8

CALORIES



313 kcal

SIDE DISH

Ingredients

- 2.5 teaspoons double-acting baking powder
- 1 eggs
- 2 cups flour all-purpose
- 1 cup milk
- 0.3 teaspoon salt
- 0.5 teaspoon vanilla extract
- 0.3 cup shortening
- 1 cup granulated sugar white

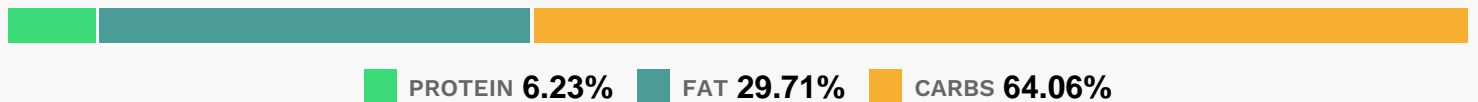
Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- hand mixer
- toothpicks
- cake form

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Grease a 9-inch square cake pan.
- Whisk the flour, baking powder, and salt together in a bowl; set aside.
- Beat the shortening and sugar with an electric mixer in a large bowl until light and fluffy. Beat in the egg and vanilla extract until smooth.
- Pour in the flour mixture alternately with the milk, mixing until just incorporated.
- Pour the batter into prepared pan.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 25 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:34.39, Glycemic Load:35.56, Inflammation Score:-2, Nutrition Score:6.672173899153%

Nutrients (% of daily need)

Calories: 313.06kcal (15.65%), Fat: 10.43g (16.04%), Saturated Fat: 2.92g (18.27%), Carbohydrates: 50.59g (16.86%), Net Carbohydrates: 49.74g (18.09%), Sugar: 26.55g (29.5%), Cholesterol: 24.12mg (8.04%), Sodium: 225.81mg

(9.82%), Alcohol: 0.09g (100%), Alcohol %: 0.11% (100%), Protein: 4.92g (9.84%), Selenium: 13.01µg (18.59%), Vitamin B1: 0.27mg (17.76%), Folate: 59.77µg (14.94%), Vitamin B2: 0.23mg (13.33%), Calcium: 119.14mg (11.91%), Manganese: 0.22mg (10.89%), Phosphorus: 102.85mg (10.28%), Iron: 1.7mg (9.46%), Vitamin B3: 1.88mg (9.41%), Vitamin K: 4.75µg (4.52%), Vitamin E: 0.62mg (4.1%), Vitamin B5: 0.39mg (3.93%), Vitamin B12: 0.21µg (3.56%), Fiber: 0.85g (3.38%), Vitamin D: 0.45µg (2.97%), Magnesium: 11.56mg (2.89%), Zinc: 0.42mg (2.79%), Copper: 0.05mg (2.57%), Potassium: 87.91mg (2.51%), Vitamin B6: 0.04mg (2.09%), Vitamin A: 79.11IU (1.58%)