

Cream Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



221 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 2 eggs
- 1.5 cups flour all-purpose
- 1 cup heavy whipping cream
- 1 teaspoon salt
- 1 teaspoon vanilla extract
- 0.8 cup sugar white

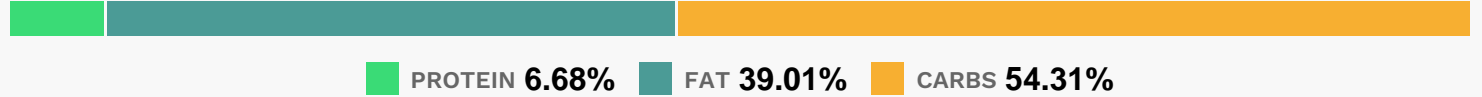
Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease one 9x9 inch square pan.
- Beat eggs in a small bowl until very thick.
- Add the sugar and the vanilla, beating well.
- Combine the flour, baking powder, and salt. In three parts add the flour mixture alternately with the whipping cream to the egg mixture, beginning and ending with the flour mixture.
- Pour the batter into the prepared pan.
- Bake at 350 degrees F (175 degrees C) for 30 to 40 minutes or until a toothpick inserted near the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:23.71, Glycemic Load:21.03, Inflammation Score:-3, Nutrition Score:4.6952174169862%

Nutrients (% of daily need)

Calories: 221.08kcal (11.05%), Fat: 9.66g (14.86%), Saturated Fat: 5.78g (36.12%), Carbohydrates: 30.26g (10.09%), Net Carbohydrates: 29.75g (10.82%), Sugar: 15.8g (17.55%), Cholesterol: 59.63mg (19.88%), Sodium: 336.83mg (14.64%), Alcohol: 0.14g (100%), Alcohol %: 0.26% (100%), Protein: 3.72g (7.44%), Selenium: 9.86µg (14.09%), Vitamin B2: 0.18mg (10.64%), Vitamin B1: 0.16mg (10.37%), Folate: 39.4µg (9.85%), Vitamin A: 397.38IU (7.95%), Calcium: 70.79mg (7.08%), Phosphorus: 69.03mg (6.9%), Manganese: 0.13mg (6.64%), Iron: 1.15mg (6.37%), Vitamin B3: 1.13mg (5.65%), Vitamin D: 0.56µg (3.71%), Vitamin B5: 0.28mg (2.78%), Vitamin E: 0.32mg (2.15%), Zinc: 0.3mg (2.03%), Fiber: 0.51g (2.03%), Vitamin B12: 0.12µg (1.94%), Copper: 0.04mg (1.88%), Magnesium: 7.12mg (1.78%), Potassium: 55.92mg (1.6%), Vitamin B6: 0.03mg (1.58%)