



WHATSheATE



## Eggless Whole Wheat Layer Cake

READY IN



50 min.

SERVINGS



12

CALORIES



322 kcal

DESSERT

### Ingredients

- ☐ 1 cup all purpose flour
- ☐ 0.5 tablespoon apple cider vinegar
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup granulated sugar
- ☐ 1 cup yogurt plain low fat
- ☐ 1 cup butter soft
- ☐ 1 teaspoon salt
- ☐ 1 cup apple sauce unsweetened

- ☐ 2 teaspoons vanilla extract
- ☐ 2.3 cups pastry flour whole wheat

## Equipment

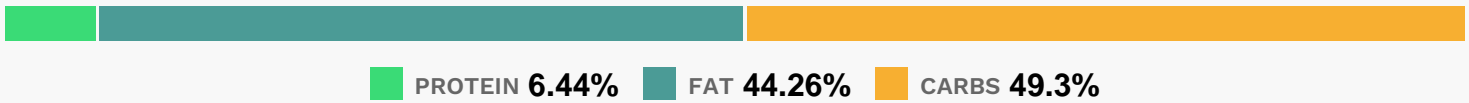
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks

## Directions

- ☐ Preheat the oven to 350F for 15 minutes. Grease and flour two 8-inch round pans or line with parchment paper. Nowadays I prefer lining the pan with parchment paper in the bottom as well as on the sides. The cake comes out of the pan perfectly each and every time.
- ☐ Whisk together the flours, baking powder and baking soda in a medium bowl. Cream together the margarine, sugar and salt in a large mixing bowl with an electric mixer until light and fluffy.
- ☐ Add 1/4 cup of applesauce at a time, beating well after each addition and scrape the sides and bottom of the mixing bowl once or twice. It curdles but don't worry.
- ☐ Add 1/3rd of the flour mixture, mixing until incorporated. Measure 1 cup of yogurt in a liquid measuring mug. To that add the vanilla and vinegar and whisk together well.
- ☐ Add half of this mixture to the large bowl, again beating until the mixture is very fluffy. Meanwhile scrape the sides and bottom of the bowl also. Then add another 1/3rd of the flour and beat well. Next add the remaining yogurt mixture, then the remaining 1/3rd cup of flour, mixing well after each addition. Stop once or twice to scrape the sides and bottom of the bowl.
- ☐ Pour the batter into the prepared pans. (It was not watery but more in a semi solid state).

- ☐
- Bake the cake for about 30–35 minutes or until a toothpick inserted in the center comes out clean. Mine was done in about 32 minutes. The cake was in golden brown color and started to pull from the sides of the pan. If you are baking a 9×13 inch cake the baking time will vary, so do the toothpick test to find if the cake is done.
- ☐
- Remove from the oven and cool for 15 minutes before removing from the pan. Then pull out the parchment paper from the side of the pan and invert the pan and the cake falls without sticking to the pan.
- ☐
- Remove the parchment paper sticking to the bottom of the cake and transfer it to a cooling rack. The cake has to cool completely before frosting.

## Nutrition Facts



## Properties

Glycemic Index:23.09, Glycemic Load:14.65, Inflammation Score:-6, Nutrition Score:9.3791304904482%

## Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 322.36kcal (16.12%), Fat: 16.27g (25.03%), Saturated Fat: 3.48g (21.74%), Carbohydrates: 40.77g (13.59%), Net Carbohydrates: 37.86g (13.77%), Sugar: 16.03g (17.81%), Cholesterol: 1.23mg (0.41%), Sodium: 504.01mg (21.91%), Alcohol: 0.23g (100%), Alcohol %: 0.27% (100%), Protein: 5.33g (10.65%), Manganese: 1mg (49.81%), Selenium: 18.25µg (26.07%), Phosphorus: 141.04mg (14.1%), Vitamin B1: 0.21mg (14.06%), Vitamin A: 694.98IU (13.9%), Fiber: 2.91g (11.65%), Magnesium: 38.06mg (9.52%), Calcium: 92.6mg (9.26%), Vitamin B3: 1.78mg (8.89%), Vitamin B2: 0.15mg (8.73%), Folate: 32.01µg (8%), Iron: 1.44mg (8%), Copper: 0.12mg (5.85%), Vitamin B6: 0.11mg (5.68%), Zinc: 0.85mg (5.66%), Vitamin E: 0.79mg (5.27%), Potassium: 165.45mg (4.73%), Vitamin B5: 0.33mg (3.26%), Vitamin B12: 0.13µg (2.22%)