



Fresh-Berry Cake With Italian-Meringue Icing

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



282 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 cup butter softened
- ☐ 3.3 cups cake flour
- ☐ 3 large eggs
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup skim milk
- ☐ 2 cups sugar
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ wax paper
- ☐ measuring cup
- ☐ candy thermometer

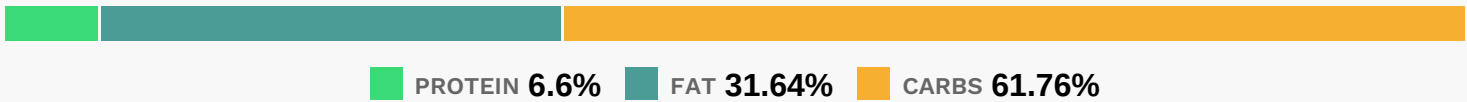
Directions

- ☐ Preheat oven to 350
- ☐ To make the cake: Coat 2 (9-inch) round cake pans with cooking spray; line the bottoms of the pans with wax paper. Coat wax paper with cooking spray; set aside.
- ☐ Place the sugar and the butter in a large bowl; beat with a mixer at medium speed for 5 minutes or until very well-blended.
- ☐ Add the eggs, 1 at a time, beating well after each addition.
- ☐ Add the vanilla extract.
- ☐ Lightly spoon the flour into dry measuring cups; level with a knife.
- ☐ Combine the flour, the baking powder, and 1/4 teaspoon salt, stirring with a whisk.
- ☐ Add the flour mixture and the milk alternately to sugar mixture, beginning and ending with the flour mixture; mix after each addition.
- ☐ Pour batter into the prepared cake pans. Sharply tap pans once on counter to remove air bubbles.
- ☐ Bake at 350 for 30-35 minutes or until a wooden pick inserted in the center comes out clean. Cool cake in pans for 10 minutes on a wire rack; invert pans. Carefully peel off wax paper, and

cool cake completely on wire rack. Cake can be made a day in advance and covered in plastic wrap.

- ☐ Top with Italian-Meringue Icingcheck out our step-by-step recipe and decorating tips below.
- ☐ In a large bowl, beat 1/4 teaspoon cream of tartar and 3 large egg whites with a mixer at high speed until soft peaks form.
- ☐ Combine 1 cup sugar, 1/4 cup water, and 1/4 teaspoon salt in a small saucepan. Cook over medium heat, stirring just until sugar dissolves, and bring to a boil. Cook, without stirring, for 2 minutes or until a candy thermometer registers 23
- ☐ Pour hot sugar syrup in a thin stream over egg whites, beating at high speed until stiff peaks form. Beat in 1/2 teaspoon vanilla extract.
- ☐ Place 1 cake layer on a cake stand; spread first layer with 1/2 cup icing. Turn the remaining layer upside down (so flat side faces up) and place on top of the first layer.
- ☐ Spread 1/2 cup icing on second layer.
- ☐ Spread remaining icing to cover cake. Create decorative peaks using the back of a large spoon, if desired. You can make cake up to this point, refrigerate it for a few hours, and then garnish just before serving.
- ☐ Garnish with raspberries and mint sprigs.
- ☐ Note: The eggs in this recipe are not fully cooked, which may be a concern if you're pregnant or have a compromised immune system.

Nutrition Facts



Properties

Glycemic Index:19.52, Glycemic Load:29.64, Inflammation Score:-2, Nutrition Score:3.7456521080888%

Nutrients (% of daily need)

Calories: 282.37kcal (14.12%), Fat: 10.03g (15.43%), Saturated Fat: 5.83g (36.44%), Carbohydrates: 44.05g (14.68%), Net Carbohydrates: 43.44g (15.8%), Sugar: 25.68g (28.53%), Cholesterol: 58.1mg (19.37%), Sodium: 150.06mg (6.52%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Protein: 4.71g (9.42%), Selenium: 13.44µg (19.21%), Manganese: 0.21mg (10.29%), Vitamin A: 340.47IU (6.81%), Phosphorus: 63.53mg (6.35%), Vitamin B2: 0.08mg (4.81%), Calcium: 41.76mg (4.18%), Folate: 13.33µg (3.33%), Vitamin B5: 0.31mg (3.08%), Vitamin E: 0.45mg (2.98%), Vitamin B12: 0.17µg (2.8%), Copper: 0.06mg (2.76%), Zinc: 0.4mg (2.67%), Fiber: 0.61g (2.44%), Iron: 0.44mg (2.42%), Magnesium: 9.16mg (2.29%), Vitamin D: 0.31µg (2.09%), Vitamin B1: 0.03mg (2.07%), Potassium: 60.99mg

(1.74%), Vitamin B6: 0.03mg (1.62%), Vitamin B3: 0.28mg (1.4%)