



Fresh Tangerine Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



1009 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1.5 teaspoons baking soda
- 0.5 cup butter room temperature
- 6 cups confectioners' sugar
- 8 ounce cream cheese room temperature
- 3 eggs beaten
- 2.5 cups flour all-purpose
- 0.5 teaspoon salt

- 8 ounce cup heavy whipping cream sour
- 1.8 cups sugar
- 0.5 1/2 tangerine
- 1 tablespoon 1 tablespoon tangerine zest
- 1 cup tangerine juice
- 3 tablespoons tangerine juice
- 1 cup vegetable oil

Equipment

- bowl
- oven
- blender
- spatula

Directions

- Preheat the oven to 350 degrees F.
- Spray 2 (9-inch) circular cake pans with vegetable oil cooking spray.
- In a large bowl add the flour, sugar, baking powder, baking soda and salt.
- Mix together with a spatula. Using a hand-held mixer, add the vegetable oil, sour cream, eggs, tangerine juice and zest.
- Mix until well combined.
- Divide the batter evenly into the pans.
- Bake for 25 minutes.
- Remove from the oven and let cool completely before icing. Ice the cakes, as desired, and serve.
- Mix together the butter, cream cheese and sugar together in a large bowl.
- Add the tangerine juice and zest and combine well.

Nutrition Facts



■ PROTEIN 3.46% ■ FAT 30.1% ■ CARBS 66.44%

Properties

Glycemic Index:48.51, Glycemic Load:52.94, Inflammation Score:-7, Nutrition Score:11.878695664199%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 6.99mg, Hesperetin: 6.99mg, Hesperetin: 6.99mg, Hesperetin: 6.99mg Naringenin: 1.08mg, Naringenin: 1.08mg, Naringenin: 1.08mg, Naringenin: 1.08mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 1008.64kcal (50.43%), Fat: 34.39g (52.91%), Saturated Fat: 17.3g (108.13%), Carbohydrates: 170.84g (56.95%), Net Carbohydrates: 169.59g (61.67%), Sugar: 138.09g (153.43%), Cholesterol: 137.24mg (45.75%), Sodium: 619.51mg (26.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.9g (17.8%), Selenium: 22.79µg (32.55%), Vitamin B2: 0.42mg (24.76%), Vitamin B1: 0.35mg (23.35%), Vitamin A: 1130.97IU (22.62%), Folate: 86.68µg (21.67%), Vitamin C: 12.65mg (15.33%), Manganese: 0.3mg (14.94%), Phosphorus: 147.43mg (14.74%), Iron: 2.37mg (13.19%), Vitamin B3: 2.44mg (12.18%), Vitamin K: 12.21µg (11.63%), Calcium: 114.28mg (11.43%), Vitamin E: 1.38mg (9.22%), Vitamin B5: 0.76mg (7.56%), Potassium: 218.36mg (6.24%), Zinc: 0.76mg (5.09%), Magnesium: 20mg (5%), Copper: 0.1mg (4.99%), Fiber: 1.25g (4.99%), Vitamin B12: 0.29µg (4.88%), Vitamin B6: 0.09mg (4.65%), Vitamin D: 0.33µg (2.2%)