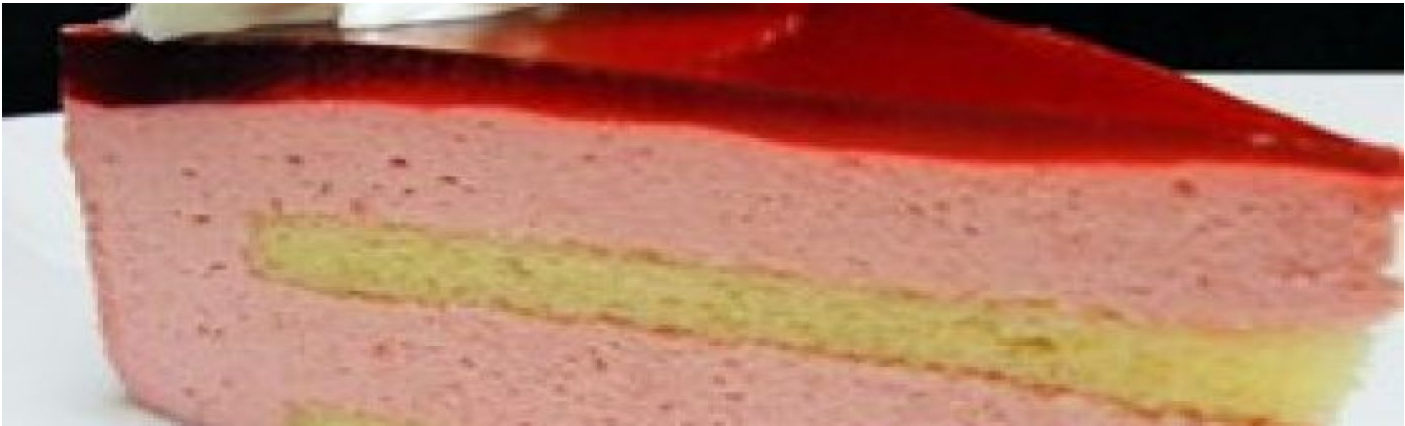


SIDE DISH

Genoese Sponge

24 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	10	\$0.59	375 kcal



Genoese Sponge might be a good recipe to expand your side dish repertoire. This recipe serves 10. One portion of this dish contains approximately 7g of protein, 22g of fat, and a total of 375 calories. For 59 cents per serving, this recipe covers 6% of your daily requirements of vitamins and mineral...

Ingredients

☐ ½ teaspoon baking powder

☐ 2 cups sifted cake flour

☐ 6 egg whites

☐ ½ teaspoon salt

☐ 1 cup butter, softened

☐ ½ teaspoon cream of tartar

☐ 6 egg yolks

☐ 1 cup white sugar

EQUIPMENT Bowl, Frying pan, Oven

Method

- 1 Preheat oven to 350 degrees F. Grease a 10 inch tube pan.
- 2 Beat egg whites and cream of tartar until soft peaks form.
- 3 Add 3/4 cup sugar gradually, beating until very stiff.
- 4 In a large bowl, cream butter or margarine and 1 cup sugar well.
- 5 Add egg yolks, and beat until thick and fluffy. Sift flour, baking powder, and salt over batter. Fold in. Gently fold in egg whites.
- 6 Pour batter into prepared pan.
- 7 Bake for 50 to 60 minutes, until an inserted wooden pick comes out clean. Cool. Ice with your favorite frosting.

Nutrition per serving

375

KCAL

7 g

PROTEIN

22 g

FAT

39 g

CARBS

Saturated Fat

12.8 g · 80% of daily needs

Fibre

0.6 g · 2% of daily needs

Sugar

20.2 g · 22% of daily needs

Sodium

319 mg · 14% of daily needs

Cholesterol

165 mg · 55% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/genoese-sponge-144979