



Golden Sponge Cake with Creamy Filling

 Vegetarian

READY IN



1480 min.

SERVINGS



15

CALORIES



344 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 5 tablespoon flour all-purpose
- ☐ 1 cup milk
- ☐ 15 servings powdered sugar and mint for garnish
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract

☐ 1 box duncan hines classic decadent cake mix yellow

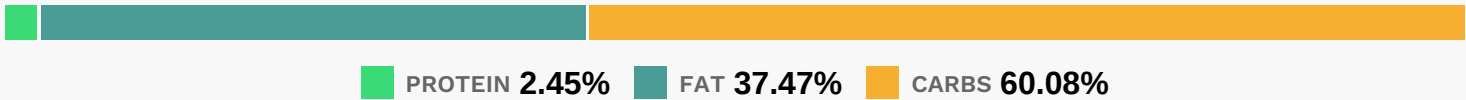
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Mix and bake the cake as directed, using a 9 by 13-inch pan. Cool and turn out from pan.
- ☐ Using dental floss, slice cake in 2 lengthwise, so you have 2 layers.
- ☐ In saucepan, combine the flour and milk. Cook and stir until thick. Set aside to cool.
- ☐ In bowl combine sugar, salt, shortening, softened butter and vanilla. Beat with electric mixer until fluffy, then add the cooled milk mixture and beat until fluffy.
- ☐ Put half the cake in a 9 by 13-inch plastic keeper.
- ☐ Spread all of filling over that, then top with the other half of the cake. Cover with lid and store 1 or 2 days ahead.
- ☐ Garnish with powdered sugar and mint before serving.

Nutrition Facts



Properties

Glycemic Index:15.54, Glycemic Load:10.98, Inflammation Score:-2, Nutrition Score:3.9952173544013%

Nutrients (% of daily need)

Calories: 343.58kcal (17.18%), Fat: 14.52g (22.33%), Saturated Fat: 6.46g (40.39%), Carbohydrates: 52.37g (17.46%), Net Carbohydrates: 51.89g (18.87%), Sugar: 36.88g (40.98%), Cholesterol: 18.22mg (6.07%), Sodium: 383.91mg (16.69%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Protein: 2.13g (4.26%), Phosphorus: 127.81mg (12.78%), Calcium: 95.28mg (9.53%), Vitamin B1: 0.11mg (7.34%), Vitamin B2: 0.12mg (7.14%), Folate: 28.24µg (7.06%), Vitamin E: 0.92mg (6.14%), Vitamin K: 5.22µg (4.97%), Vitamin B3: 0.97mg (4.83%), Iron: 0.85mg (4.73%), Vitamin A:

215.44IU (4.31%), Manganese: 0.09mg (4.26%), Selenium: 2.39µg (3.42%), Vitamin B5: 0.25mg (2.52%), Vitamin B12: 0.14µg (2.25%), Fiber: 0.48g (1.92%), Vitamin B6: 0.04mg (1.9%), Magnesium: 6.13mg (1.53%), Copper: 0.03mg (1.52%), Potassium: 45.93mg (1.31%), Zinc: 0.19mg (1.24%), Vitamin D: 0.18µg (1.19%)