

High Altitude Layer Cake

READY IN

ready

40 min.

SERVINGS

servings

16

CALORIES

calories

239 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.8 cup butter softened
- ☐ 2.7 cups cake flour sifted
- ☐ 4 eggs
- ☐ 1 cup milk
- ☐ 1 tablespoon vanilla extract
- ☐ 1.3 cups sugar white

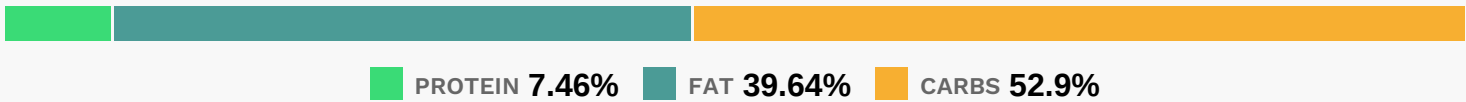
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ wire rack

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C). Grease and flour two 9 inch round cake pans. Sift the cake flour and baking powder into a bowl and set aside.
- ☐ In a large bowl, beat the butter and sugar until light and fluffy, up to 10 minutes.
- ☐ Mix in eggs one at a time, fully blending each one in before adding the next. Stir in vanilla. Stir in the flour and baking powder, alternating with the milk until the batter is smooth. Divide the batter evenly between the prepared pans. Tap the bottoms of the pans on the counter a few times to remove air bubbles.
- ☐ Bake in the preheated oven until a knife inserted into the center of the cakes comes out clean, 25 to 30 minutes. Cool cakes in the pans set over a wire rack.

Nutrition Facts



Properties

Glycemic Index:19.82, Glycemic Load:21.1, Inflammation Score:-2, Nutrition Score:3.7408695972484%

Nutrients (% of daily need)

Calories: 239.14kcal (11.96%), Fat: 10.56g (16.25%), Saturated Fat: 6.15g (38.43%), Carbohydrates: 31.71g (10.57%), Net Carbohydrates: 31.21g (11.35%), Sugar: 16.54g (18.38%), Cholesterol: 65.63mg (21.88%), Sodium: 143.48mg (6.24%), Alcohol: 0.28g (100%), Alcohol %: 0.47% (100%), Protein: 4.47g (8.95%), Selenium: 12.14µg (17.34%), Manganese: 0.17mg (8.56%), Phosphorus: 70.95mg (7.09%), Vitamin A: 350.43IU (7.01%), Calcium: 60.22mg (6.02%), Vitamin B2: 0.09mg (5.36%), Vitamin B12: 0.2µg (3.31%), Vitamin B5: 0.33mg (3.29%), Folate: 12.36µg (3.09%), Vitamin E: 0.45mg (3.02%), Zinc: 0.39mg (2.62%), Vitamin D: 0.39µg (2.59%), Iron: 0.45mg (2.48%), Copper: 0.05mg (2.39%), Magnesium: 8.8mg (2.2%), Vitamin B1: 0.03mg (2.02%), Fiber: 0.5g (2%), Vitamin B6: 0.04mg (1.81%), Potassium: 63.06mg (1.8%), Vitamin B3: 0.24mg (1.2%)