



Homemade Cream Filled Individual Sponge Cakes

READY IN



75 min.

SERVINGS



24

CALORIES



193 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 5 ounce evaporated milk canned
- 0.5 cup shortening
- 1 tablespoon vanilla extract
- 1 cup sugar white
- 18.3 ounce duncan hines classic decadent cake mix yellow

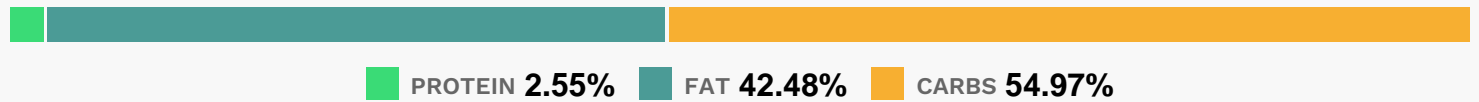
Equipment

- bowl
- frying pan
- oven
- hand mixer

Directions

- Bake cake according to package directions in a 9x13 inch pan. Cool and cut into bars.
- Cut each bar in half lengthwise to make two layers.
- In a large bowl, beat butter with an electric mixer until creamy. Beat in shortening, a little at a time, until fluffy. Gradually beat in sugar.
- Combine evaporated milk and vanilla and beat into filling, scraping the bowl, until fluffy.
- Sandwich the bars with the fluffy filling.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:5.82, Inflammation Score:-1, Nutrition Score:2.2534782364964%

Nutrients (% of daily need)

Calories: 192.61kcal (9.63%), Fat: 9.18g (14.12%), Saturated Fat: 4.12g (25.74%), Carbohydrates: 26.73g (8.91%), Net Carbohydrates: 26.47g (9.63%), Sugar: 18.31g (20.35%), Cholesterol: 11.88mg (3.96%), Sodium: 193.91mg (8.43%), Alcohol: 0.19g (100%), Alcohol %: 0.52% (100%), Protein: 1.24g (2.48%), Phosphorus: 79.99mg (8%), Calcium: 62.22mg (6.22%), Vitamin B2: 0.07mg (4.25%), Vitamin E: 0.58mg (3.86%), Folate: 15.27µg (3.82%), Vitamin B1: 0.05mg (3.58%), Vitamin K: 3.26µg (3.11%), Vitamin A: 132.3IU (2.65%), Iron: 0.47mg (2.6%), Vitamin B3: 0.51mg (2.57%), Manganese: 0.04mg (2.16%), Vitamin B5: 0.15mg (1.51%), Selenium: 0.88µg (1.26%), Fiber: 0.26g (1.03%)