



Hot Milk Cake

 Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



214 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 4 large eggs
- 2 cups flour all-purpose
- 0.1 lb butter
- 1 cup soy plain
- 2 cups sugar
- 2 teaspoons vanilla

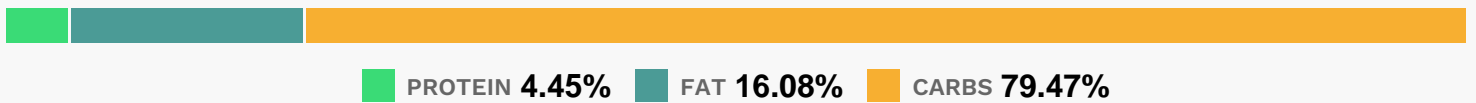
Equipment

- bowl
- frying pan
- oven
- blender
- microwave

Directions

- In a bowl, mix flour and baking powder.
- In a 1-quart glass measure in a microwave oven at full power (100%), or in a 1- to 1 1/2-quart pan over medium heat, warm soy milk with 1/4 cup margarine until margarine is melted, stirring occasionally.
- In another bowl, with a mixer, beat eggs, sugar, and vanilla until foamy.
- Add flour and milk mixtures. Stir to mix, then beat until well blended.
- Lightly coat 2 cake pans (each 9 in. wide) with margarine.
- Pour batter equally into pans.
- Bake in a 350 oven until top of cake is browned and springs back when lightly pressed in the center, about 25 minutes (about 20 minutes in a convection oven). Invert cake from pans onto racks.
- Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:19.32, Glycemic Load:30.12, Inflammation Score:-3, Nutrition Score:3.9878261058551%

Nutrients (% of daily need)

Calories: 213.79kcal (10.69%), Fat: 3.86g (5.94%), Saturated Fat: 0.74g (4.62%), Carbohydrates: 42.94g (14.31%), Net Carbohydrates: 42.39g (15.41%), Sugar: 29.07g (32.3%), Cholesterol: 0mg (0%), Sodium: 108.45mg (4.72%), Alcohol: 0.2g (100%), Alcohol %: 0.36% (100%), Protein: 2.41g (4.81%), Vitamin B1: 0.15mg (10.1%), Selenium: 6.73µg (9.62%), Folate: 38.16µg (9.54%), Vitamin B3: 1.61mg (8.06%), Vitamin B2: 0.13mg (7.67%), Manganese: 0.12mg (6.22%), Calcium: 61.63mg (6.16%), Iron: 0.99mg (5.53%), Vitamin A: 211.76IU (4.24%), Vitamin E: 0.57mg (3.77%),

Phosphorus: 32.98mg (3.3%), Vitamin B12: 0.19µg (3.12%), Copper: 0.05mg (2.45%), Vitamin B6: 0.05mg (2.4%),
Fiber: 0.55g (2.2%), Vitamin C: 1.22mg (1.48%), Vitamin D: 0.21µg (1.38%), Potassium: 46.72mg (1.33%), Zinc: 0.17mg
(1.15%), Magnesium: 4.32mg (1.08%)