



Italian Cream Cake

READY IN



45 min.

SERVINGS



16

CALORIES



287 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup butter softened
- ☐ 1 tablespoon butter
- ☐ 2 teaspoons cake flour
- ☐ 8 ounces cake flour
- ☐ 1 teaspoon coconut extract
- ☐ 6 large egg whites
- ☐ 2 large egg yolks
- ☐ 1.3 cups granulated sugar

- ☐ 1 cup buttermilk low-fat
- ☐ 0.3 cup pecans toasted finely chopped
- ☐ 3.5 cups powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract

Equipment

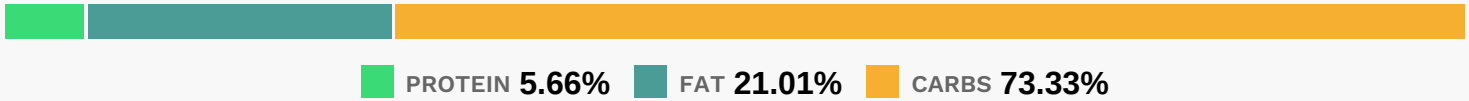
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ wax paper
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, coat bottoms of 2 (9-inch) round cake pans with cooking spray (do not coat sides of pans). Line bottoms of pans with wax paper. Coat wax paper with cooking spray, and dust with 2 teaspoons flour; set aside.
- ☐ Place 1/3 cup butter in a large bowl; beat with a mixer at medium speed until creamy. Gradually add granulated sugar, beating well.
- ☐ Add egg yolks, one at a time, beating well after each addition.
- ☐ Lightly spoon 2 cups flour into dry measuring cups; level with a knife.
- ☐ Combine 2 cups flour, baking soda, and salt; stir well.
- ☐ Add flour mixture and buttermilk alternately to butter mixture, beginning and ending with flour mixture. Stir in pecans, coconut extract, and 1 teaspoon vanilla.
- ☐ Beat egg whites with a mixer at high speed until stiff peaks form (do not overbeat). Fold egg whites into batter; pour batter into prepared pans.

- ☐ Bake at 350 for 23 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 5 minutes on a wire rack. Loosen cake layers from sides of pans; remove from pans.
- ☐ Remove and discard wax paper. Cool completely.
- ☐ To prepare frosting, place 1 tablespoon butter and cream cheese in a large bowl; beat with a mixer at high speed until fluffy. Gradually add powdered sugar, beating at low speed until smooth (do not overbeat).
- ☐ Add 1 teaspoon vanilla; beat well.
- ☐ Place 1 cake layer on a plate; spread with one-third of frosting. Top with other cake layer.
- ☐ Spread remaining frosting over top and sides of cake.

Nutrition Facts



Properties

Glycemic Index:19.63, Glycemic Load:17.72, Inflammation Score:-1, Nutrition Score:2.946521718217%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 287.4kcal (14.37%), Fat: 6.81g (10.47%), Saturated Fat: 3.32g (20.77%), Carbohydrates: 53.46g (17.82%), Net Carbohydrates: 52.95g (19.26%), Sugar: 42.27g (46.97%), Cholesterol: 35.6mg (11.87%), Sodium: 185.55mg (8.07%), Alcohol: 0.19g (100%), Alcohol %: 0.26% (100%), Protein: 4.12g (8.25%), Selenium: 10.09µg (14.41%), Manganese: 0.2mg (9.86%), Vitamin B2: 0.11mg (6.47%), Phosphorus: 43.64mg (4.36%), Vitamin A: 178.98IU (3.58%), Copper: 0.06mg (2.81%), Calcium: 26.22mg (2.62%), Folate: 9.67µg (2.42%), Magnesium: 8.98mg (2.25%), Vitamin B1: 0.03mg (2.17%), Zinc: 0.33mg (2.17%), Vitamin B5: 0.21mg (2.13%), Fiber: 0.51g (2.04%), Potassium: 69.62mg (1.99%), Vitamin E: 0.27mg (1.83%), Vitamin B12: 0.1µg (1.59%), Iron: 0.27mg (1.53%), Vitamin B6: 0.02mg (1.12%)