



## Italian Cream Cake

 Popular

READY IN



50 min.

SERVINGS



10

CALORIES



1062 kcal

DESSERT

## Ingredients

- ☐ 2 cups all purpose flour
- ☐ 3.5 oz angel flake shredded sweetened
- ☐ 1 teaspoon baking soda
- ☐ 1 cup buttermilk room temperature
- ☐ 12 oz cream cheese softened
- ☐ 5 large eggs separated at room temperature
- ☐ 2 cups granulated sugar
- ☐ 0.7 cup pecans toasted chopped

- ☐ 1.5 pounds powdered sugar sifted
- ☐ 4 oz butter plus) unsalted salted
- ☐ 12 tablespoons butter unsalted salted softened
- ☐ 3.5 oz shortening
- ☐ 2 teaspoons vanilla

## Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ stand mixer

## Directions

- ☐ Preheat oven to 325 degrees F. Grease and flour 3 (9-inch) round cake pans or spray with flour-added cooking spray and line bottoms with parchment circles. Have all ingredients measured and ready to go. Stir baking soda into buttermilk and set aside. Beat egg whites until stiff peaks form; set aside. I like to do this first and get it over with. Cream butter, salt (if using) sugar and shortening in bowl of stand mixer for 3–5 minutes.
- ☐ Add egg yolks one at a time, beating well after each addition and scraping the bowl often. Beat in vanilla. By hand or using lowest speed of mixer, add flour and buttermilk mixture alternately to creamed mixture, beginning and ending with flour. Fold in egg whites. When egg whites are incorporated, fold in the pecans and coconut. Batter should be thick and light.
- ☐ Scrape into prepared pans dividing evenly.
- ☐ Bake at 325 degrees for 25–30 minutes or until cake tests done. My cakes were fairly pale in the center and didn't appear done, but the cake tester came out clean so I knew they were.
- ☐ Let cool in pans on rack for about 10 minutes, then turn from pans and cool completely. Frosting: Cream the butter and cream cheese.
- ☐ Add vanilla. Gradually add powdered sugar. Beat until well blended. Frost the cakes and stack.
- ☐ Garnish with pecans. This recipe makes enough frosting to frost the cake generously and still have a little extra for decorating.

## Nutrition Facts



 **PROTEIN 3.6%**  **FAT 46.12%**  **CARBS 50.28%**

## Properties

Glycemic Index:21.31, Glycemic Load:42.62, Inflammation Score:-7, Nutrition Score:12.28434792161%

## Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg

## Nutrients (% of daily need)

Calories: 1062kcal (53.1%), Fat: 55.52g (85.42%), Saturated Fat: 28.11g (175.7%), Carbohydrates: 136.22g (45.41%), Net Carbohydrates: 133.93g (48.7%), Sugar: 113.1g (125.67%), Cholesterol: 190.5mg (63.5%), Sodium: 311.06mg (13.52%), Alcohol: 0.28g (100%), Alcohol %: 0.13% (100%), Protein: 9.75g (19.5%), Selenium: 22.74µg (32.49%), Manganese: 0.58mg (29.08%), Vitamin A: 1338.39IU (26.77%), Vitamin B2: 0.4mg (23.42%), Vitamin B1: 0.27mg (18.26%), Phosphorus: 168.31mg (16.83%), Folate: 64.36µg (16.09%), Vitamin E: 1.94mg (12.94%), Iron: 2.03mg (11.3%), Vitamin B5: 0.95mg (9.47%), Copper: 0.19mg (9.36%), Calcium: 92.08mg (9.21%), Fiber: 2.29g (9.16%), Vitamin B3: 1.71mg (8.54%), Vitamin D: 1.23µg (8.23%), Vitamin K: 8.42µg (8.02%), Zinc: 1.17mg (7.77%), Vitamin B12: 0.46µg (7.59%), Magnesium: 27.67mg (6.92%), Potassium: 211.53mg (6.04%), Vitamin B6: 0.1mg (4.96%)