



## Italian Cream Cake I

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



881 kcal

DESSERT

### Ingredients

- 1 teaspoon baking soda
- 0.5 cup butter
- 1.5 cups buttermilk
- 1 cup coconut or flaked
- 3.5 cups confectioners' sugar
- 8 ounce cream cheese
- 5 egg whites
- 5 egg yolks

- 2 cups flour all-purpose
- 1 teaspoon vanilla extract
- 0.3 cup walnuts chopped
- 2 cups sugar white

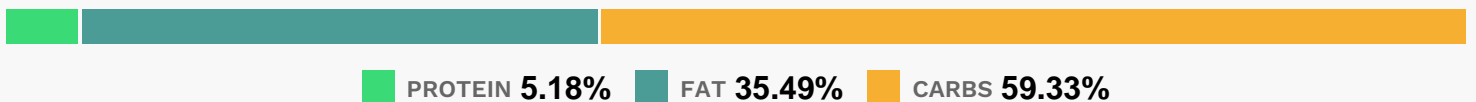
## Equipment

- oven

## Directions

- Cream together 1 cup butter or margarine, egg yolks, and 2 cups white sugar. Alternately mix in flour and buttermilk.
- Add baking soda.
- Mix in 1 cup walnuts and coconut.
- Beat egg whites, and fold into batter.
- Pour batter into three greased and floured 9 inch round cake pans.
- Bake for 20 to 25 minutes in a preheated 350 degrees F (175 degrees C) oven.
- Combine cream cheese, 1/2 cup butter or margarine, confectioners' sugar, and vanilla extract.
- Spread onto cooled cake. Top iced cake with chopped walnuts.

## Nutrition Facts



## Properties

Glycemic Index:34.14, Glycemic Load:53.32, Inflammation Score:-6, Nutrition Score:13.130000036696%

## Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

## Nutrients (% of daily need)

Calories: 880.77kcal (44.04%), Fat: 35.47g (54.57%), Saturated Fat: 21.3g (133.13%), Carbohydrates: 133.43g (44.48%), Net Carbohydrates: 130.61g (47.49%), Sugar: 105.74g (117.48%), Cholesterol: 185.59mg (61.86%), Sodium: 407.04mg (17.7%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 11.66g (23.31%), Selenium: 27.65µg

(39.5%), Manganese: 0.65mg (32.4%), Vitamin B2: 0.48mg (28.21%), Folate: 84.13µg (21.03%), Vitamin B1: 0.31mg (20.88%), Vitamin A: 972.49IU (19.45%), Phosphorus: 186.99mg (18.7%), Iron: 2.34mg (12.98%), Fiber: 2.82g (11.28%), Copper: 0.22mg (11.23%), Calcium: 110.59mg (11.06%), Vitamin B3: 2.05mg (10.23%), Vitamin B5: 0.96mg (9.63%), Vitamin B12: 0.53µg (8.83%), Magnesium: 32.23mg (8.06%), Vitamin D: 1.19µg (7.95%), Zinc: 1.15mg (7.64%), Potassium: 254.45mg (7.27%), Vitamin B6: 0.14mg (6.91%), Vitamin E: 0.99mg (6.57%), Vitamin K: 2.03µg (1.93%)