



Italian Wedding Cake

READY IN



95 min.

SERVINGS



6

CALORIES



1604 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup butter softened
- ☐ 0.5 cup buttermilk
- ☐ 0.5 cup coconut or flaked
- ☐ 4 cups confectioners' sugar
- ☐ 8 ounce cream cheese softened
- ☐ 5 egg whites
- ☐ 5 egg yolks

- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup butter
- ☐ 1 cup pecans chopped
- ☐ 0.5 cup pineapple crushed drained
- ☐ 1 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 2 teaspoons vanilla extract
- ☐ 2 cups sugar white

Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour three 8 inch pans.
- ☐ Combine the buttermilk, baking soda and salt. Set aside.
- ☐ In a large bowl, cream together the shortening, margarine and sugar until light and fluffy. Beat in the egg yolks one at a time, then stir in 1 teaspoon vanilla and almond extract. Beat in the buttermilk mixture alternately with the flour, mixing just until incorporated. In a separate bowl, beat the egg whites until they form stiff peaks. Gently fold the egg whites into the batter. Stir in pineapple, coconut and 1 cup pecans.
- ☐ Pour batter evenly into prepared pans.
- ☐ Bake in the preheated oven for 35 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow cake layers to cool 10 minutes in pans, then turn out onto wire racks to cool completely.
- ☐ To make the frosting: Cream together the butter, cream cheese and confectioners' sugar until blended. Stir in 2 teaspoons vanilla and 1 cup pecans. If frosting is too stiff to spread, stir in milk a teaspoon at a time until it reaches desired consistency.

Nutrition Facts



Properties

Glycemic Index:43.85, Glycemic Load:70.5, Inflammation Score:-8, Nutrition Score:20.582608730897%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg

Nutrients (% of daily need)

Calories: 1604.44kcal (80.22%), Fat: 91.3g (140.46%), Saturated Fat: 36.7g (229.4%), Carbohydrates: 189.46g (63.15%), Net Carbohydrates: 185.18g (67.34%), Sugar: 151.8g (168.67%), Cholesterol: 263.38mg (87.79%), Sodium: 1125.94mg (48.95%), Alcohol: 0.52g (100%), Alcohol %: 0.16% (100%), Protein: 15.05g (30.09%), Manganese: 1.32mg (66.12%), Selenium: 34.76µg (49.66%), Vitamin A: 2162.72IU (43.25%), Vitamin B2: 0.6mg (35.11%), Vitamin B1: 0.52mg (34.92%), Folate: 110.21µg (27.55%), Phosphorus: 242.24mg (24.22%), Vitamin E: 3.33mg (22.22%), Copper: 0.4mg (19.81%), Iron: 3.26mg (18.14%), Fiber: 4.28g (17.12%), Vitamin B3: 2.88mg (14.38%), Vitamin B5: 1.35mg (13.47%), Zinc: 1.94mg (12.91%), Magnesium: 50.71mg (12.68%), Vitamin K: 12.95µg (12.34%), Calcium: 119.26mg (11.93%), Potassium: 335.96mg (9.6%), Vitamin B12: 0.56µg (9.29%), Vitamin B6: 0.18mg (8.89%), Vitamin D: 1.07µg (7.13%), Vitamin C: 2.2mg (2.66%)