



Lane Cake

READY IN



20 min.

SERVINGS



12

CALORIES



420 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 8 egg whites
- ☐ 3.5 cups flour all-purpose
- ☐ 0.5 recipe 7-minute frosting
- ☐ 1 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 2 cups sugar
- ☐ 1 cup butter unsalted softened

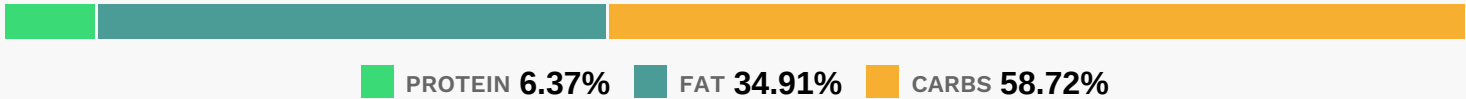
Equipment

- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 32
- ☐ Beat butter at medium speed with an electric mixer until creamy; gradually add sugar, beating well.
- ☐ Combine flour, baking powder, and salt; add to butter mixture alternately with milk, beginning and ending with flour mixture. Beat at low speed just until blended after each addition.
- ☐ Beat egg whites at high speed until stiff peaks form. Fold one-third of egg whites into batter; fold in remaining egg whites. Spoon batter into 3 greased and floured 9-inch round cake pans.
- ☐ Bake at 325 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire racks 10 minutes.
- ☐ Remove from pans to wire racks, and cool 1 hour or until completely cool.
- ☐ Spread Lane Cake Filling between layers and on top of cake. Prepare 7-Minute Frosting; spread onto sides of cake.

Nutrition Facts



Properties

Glycemic Index:26.51, Glycemic Load:44.02, Inflammation Score:-5, Nutrition Score:7.5278260552365%

Nutrients (% of daily need)

Calories: 419.98kcal (21%), Fat: 16.5g (25.38%), Saturated Fat: 10.15g (63.46%), Carbohydrates: 62.43g (20.81%), Net Carbohydrates: 61.45g (22.34%), Sugar: 34.52g (38.36%), Cholesterol: 43.11mg (14.37%), Sodium: 198.59mg (8.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.55%), Selenium: 17.14µg (24.48%), Vitamin B1: 0.3mg (19.96%), Vitamin B2: 0.31mg (18.17%), Folate: 68.09µg (17.02%), Manganese: 0.25mg (12.7%), Vitamin B3: 2.2mg (11.01%), Iron: 1.84mg (10.22%), Vitamin A: 505.67IU (10.11%), Calcium: 95.54mg (9.55%), Phosphorus: 89.37mg (8.94%), Fiber: 0.99g (3.95%), Vitamin D: 0.51µg (3.38%), Magnesium: 13.31mg (3.33%), Copper: 0.06mg (3.14%), Vitamin E: 0.47mg (3.14%), Potassium: 107.54mg (3.07%), Vitamin B5: 0.29mg (2.94%), Vitamin B12: 0.16µg

(2.67%), Zinc: 0.37mg (2.43%), Vitamin B6: 0.03mg (1.5%), Vitamin K: 1.5µg (1.43%)