



Maple Cake with Maple Syrup Frosting

READY IN



45 min.

SERVINGS



10

CALORIES



591 kcal

DESSERT

Ingredients

- ☐ 3 cups all purpose flour
- ☐ 1 tablespoon double-acting baking powder
- ☐ 8 ounce cream cheese room temperature
- ☐ 1 large eggs
- ☐ 3 large egg yolks
- ☐ 2 tablespoons maple syrup pure (preferably Grade B)
- ☐ 3 cups powdered sugar
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons non-hydrogenated solid vegetable shortening room temperature

- ☐ 0.5 cup butter unsalted room temperature (1 stick)
- ☐ 1 halves walnut toasted (for garnish)
- ☐ 1 cup walnuts toasted coarsely chopped
- ☐ 1.3 cups milk whole

Equipment

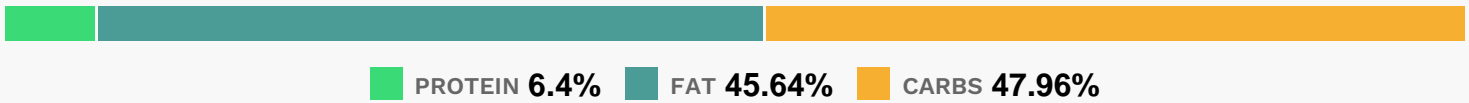
- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ serrated knife

Directions

- ☐ Position rack in center of oven and preheat to 325°F. Butter two 8-inch-diameter cake pans with 2-inch-high sides. Line bottom of pans with parchment paper; butter parchment. Dust pans with flour; tap out excess. Sift 3 cups flour, baking powder, and salt into medium bowl. Using electric mixer, beat butter and shortening in large bowl until light and fluffy.
- ☐ Add maple syrup and beat until smooth, about 3 minutes.
- ☐ Add egg yolks and egg 1 at a time, beating until well blended after each addition. Beat in flour mixture in 3 additions alternately with milk in 2 additions. Fold in walnuts. Divide batter equally between prepared pans (about 3 1/2 cups for each); smooth tops.
- ☐ Bake cakes until tester inserted into center comes out clean, 50 to 55 minutes. Cool cakes in pans on racks 20 minutes. Run small knife around sides of cakes to loosen. Invert cakes onto racks; remove parchment. Cool cakes completely.
- ☐ Sift powdered sugar into medium bowl. Using electric mixer, beat cream cheese and butter in large bowl until smooth.
- ☐ Add powdered sugar and maple syrup and beat just until smooth (do not overbeat or frosting may become too soft).
- ☐ Using serrated knife, trim off domed top of each cake layer, creating flat surface.

- ☐ Place 1 cake layer, trimmed side up, on platter. Spoon 1 cup frosting in dollops over top of cake layer; spread evenly to edges. Top with second cake layer, trimmed side down.
- ☐ Spread remaining frosting evenly over top and sides of cake. Arrange walnut halves around top edge of cake. DO AHEAD: Can be made up to 1 day ahead. Cover with cake dome and chill. Bring to room temperature before serving.
- ☐ Cut cake into wedges and serve.
- ☐ Per serving: 816.6 kcal calories,
- ☐ 1 % calories from fat, 38.2 g fat,
- ☐ 8 g saturated fat,
- ☐ 1 mg cholesterol,
- ☐ 7 g carbohydrates,
- ☐ 2 g total sugars,
- ☐ 2 g net carbohydrates,
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:30.85, Glycemic Load:23.04, Inflammation Score:-6, Nutrition Score:12.780000062092%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg

Nutrients (% of daily need)

Calories: 591.06kcal (29.55%), Fat: 30.5g (46.92%), Saturated Fat: 13.05g (81.56%), Carbohydrates: 72.1g (24.03%), Net Carbohydrates: 70.29g (25.56%), Sugar: 40.39g (44.88%), Cholesterol: 124.65mg (41.55%), Sodium: 455.52mg (19.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.62g (19.23%), Manganese: 0.76mg (38.23%), Selenium: 20.55µg (29.36%), Vitamin B1: 0.37mg (24.8%), Vitamin B2: 0.41mg (24.04%), Folate: 92.46µg (23.12%), Phosphorus: 195.55mg (19.56%), Calcium: 164.31mg (16.43%), Vitamin A: 740.56IU (14.81%), Iron: 2.5mg (13.9%), Copper: 0.26mg (12.99%), Vitamin B3: 2.41mg (12.06%), Magnesium: 35.01mg (8.75%), Vitamin B5: 0.73mg (7.34%), Zinc: 1.09mg (7.29%), Fiber: 1.81g (7.25%), Vitamin B6: 0.14mg (6.92%), Vitamin B12: 0.38µg (6.3%), Vitamin E: 0.92mg (6.14%), Vitamin D: 0.88µg (5.87%), Potassium: 193.48mg (5.53%), Vitamin K: 3.21µg (3.06%)