



Maple-Walnut Cake

 Vegetarian

READY IN



140 min.

SERVINGS



10

CALORIES



1130 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 5 large egg whites
- 4 large eggs at room temperature
- 3 cups flour all-purpose plus more for the pans
- 0.8 cup heavy cream
- 0.8 teaspoon maple extract
- 1.3 cups granulated maple sugar
- 0.5 teaspoon salt

- 1.5 cups sugar
- 2 sticks butter unsalted plus more for the pans at room temperature
- 4 sticks butter unsalted cut into small pieces, at room temperature
- 1 tablespoon vanilla extract
- 10 ounce walnuts in syrup plus more for decorating drained

Equipment

- bowl
- frying pan
- sauce pan
- baking paper
- oven
- knife
- whisk
- blender
- toothpicks
- measuring cup
- serrated knife

Directions

- Whisk the egg whites and maple sugar in a heatproof bowl set over a saucepan of simmering water (do not let the bowl touch the water) until the mixture is warm and the sugar dissolves, about 5 minutes.
- Remove the bowl from the pan and beat with a mixer on high speed until stiff, shiny peaks form, about 5 minutes. Beat in the butter a few pieces at a time, then continue beating until smooth. (Don't worry if the mixture looks separated at first; keep beating and it will come together.) Beat in the maple extract.
- Assemble the cake: Poke holes all over the tops of the 2 cake layers using a toothpick. Spoon the reserved walnut syrup over the cakes, letting it soak into the holes.
- Coarsely chop the walnuts.

- Transfer 1 cup frosting to a medium bowl; fold in the chopped nuts. Put 1 cake layer on a platter and spread the walnut frosting on top. Top with the second cake layer. Cover the whole cake with the remaining maple frosting. Decorate with more walnuts.
- Preheat the oven to 350 degrees F. Butter two 9-inch-round cake pans and line the bottoms with parchment paper; butter the parchment and dust the pans with flour, tapping out the excess.
- Whisk 3 cups flour, the baking powder and salt in a bowl until combined. Beat 2 sticks butter and the sugar in a large bowl with a mixer on medium-high speed until light and fluffy, about 3 minutes. Reduce the mixer speed to medium; beat in the eggs, one at a time, scraping down the bowl as needed. Beat in the vanilla. (The mixture may look separated at this point.)
- Mix 1/2 cup water with the cream in a liquid measuring cup or bowl. Beat the flour mixture into the butter mixture in 3 batches, alternating with the cream mixture, beginning and ending with flour, until just smooth.
- Divide the batter between the prepared pans.
- Bake until the cakes are lightly golden on top and the centers spring back when pressed, 25 to 30 minutes.
- Transfer to racks and let cool 10 minutes, then run a knife around the edge of the pans and turn the cakes out onto the racks to cool completely.
- Remove the parchment. Trim the tops of the cakes with a long serrated knife to make them level, if desired.
- Photograph by Levi Brown

Nutrition Facts



Properties

Glycemic Index:32.01, Glycemic Load:59.28, Inflammation Score:-8, Nutrition Score:20.756086828916%

Flavonoids

Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg

Nutrients (% of daily need)

Calories: 1130.47kcal (56.52%), Fat: 82.37g (126.73%), Saturated Fat: 41.37g (258.54%), Carbohydrates: 90.57g (30.19%), Net Carbohydrates: 87.66g (31.88%), Sugar: 56.8g (63.11%), Cholesterol: 240.34mg (80.11%), Sodium: 316.53mg (13.76%), Alcohol: 0.45g (100%), Alcohol %: 0.23% (100%), Protein: 13.61g (27.23%), Manganese: 2.55mg

(127.31%), Vitamin A: 2070.39IU (41.41%), Selenium: 25.17µg (35.96%), Copper: 0.57mg (28.41%), Folate: 109.22µg (27.3%), Vitamin B1: 0.41mg (27.3%), Vitamin B2: 0.46mg (27%), Phosphorus: 234.55mg (23.45%), Zinc: 3.3mg (22.02%), Iron: 3.59mg (19.92%), Calcium: 171.46mg (17.15%), Magnesium: 65.96mg (16.49%), Vitamin E: 2.17mg (14.45%), Vitamin B3: 2.62mg (13.11%), Fiber: 2.91g (11.66%), Vitamin D: 1.7µg (11.35%), Vitamin B6: 0.21mg (10.65%), Potassium: 336.69mg (9.62%), Vitamin B5: 0.8mg (7.99%), Vitamin K: 6.26µg (5.96%), Vitamin B12: 0.34µg (5.61%)