



Maryland Black Walnut Cake

 Vegetarian

READY IN



20 min.

SERVINGS



12

CALORIES



443 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1.5 cups walnuts black chopped
- ☐ 1 cup butter softened
- ☐ 3 large eggs separated
- ☐ 2 cups flour all-purpose
- ☐ 1.5 cups granulated sugar
- ☐ 0.8 cup milk
- ☐ 0.3 cup powdered sugar

- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract

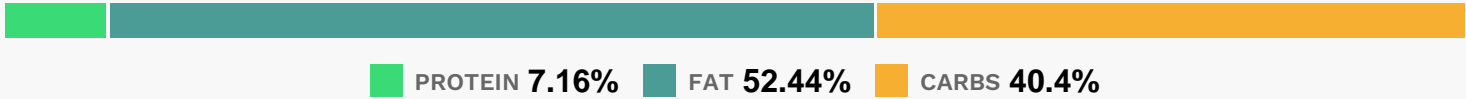
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ kugelhopf pan

Directions

- ☐ Pulse black walnuts in a food processor 8 to 10 times or until finely ground; set aside.
- ☐ Beat butter at medium speed with an electric mixer until creamy; gradually add granulated sugar, beating until light and fluffy.
- ☐ Add egg yolks and vanilla, beating just until blended.
- ☐ Sift together flour, baking powder, and salt; add to butter mixture alternately with milk, beginning and ending with flour mixture. Beat batter at low speed just until blended after each addition.
- ☐ Beat egg whites at medium speed with an electric mixer until stiff peaks form; fold into batter. Fold ground walnuts into batter. Spoon batter evenly into a greased and floured 10-inch Bundt pan.
- ☐ Bake at 350 for 50 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes; remove from pan, and cool completely on wire rack.
- ☐ Sprinkle evenly with powdered sugar.
- ☐ Serve with vanilla ice cream and sliced fresh strawberries, if desired.

Nutrition Facts



Properties

Glycemic Index:27.09, Glycemic Load:29.48, Inflammation Score:-5, Nutrition Score:9.4613043873206%

Nutrients (% of daily need)

Calories: 442.52kcal (22.13%), Fat: 26.52g (40.8%), Saturated Fat: 10.96g (68.48%), Carbohydrates: 45.97g (15.32%), Net Carbohydrates: 44.35g (16.13%), Sugar: 28.46g (31.62%), Cholesterol: 89mg (29.67%), Sodium: 300.69mg (13.07%), Alcohol: 0.11g (100%), Alcohol %: 0.13% (100%), Protein: 8.15g (16.3%), Manganese: 0.76mg (37.85%), Selenium: 14.2µg (20.29%), Phosphorus: 169.28mg (16.93%), Copper: 0.25mg (12.7%), Vitamin B2: 0.21mg (12.55%), Vitamin B1: 0.19mg (12.46%), Folate: 49.41µg (12.35%), Vitamin A: 571.18IU (11.42%), Calcium: 102.06mg (10.21%), Iron: 1.8mg (10.01%), Magnesium: 40.01mg (10%), Vitamin B3: 1.34mg (6.69%), Vitamin B6: 0.13mg (6.57%), Fiber: 1.63g (6.51%), Vitamin B5: 0.62mg (6.2%), Zinc: 0.92mg (6.11%), Vitamin E: 0.87mg (5.81%), Potassium: 149.93mg (4.28%), Vitamin B12: 0.23µg (3.76%), Vitamin D: 0.42µg (2.79%), Vitamin K: 1.89µg (1.8%)