



Oatmeal Layer Cake with Caramel-Pecan Frosting

READY IN



45 min.

SERVINGS



16

CALORIES



195 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup brown sugar dark packed
- ☐ 3 large eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 1.5 cups flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg

- ☐ 0.5 cup buttermilk low-fat
- ☐ 1 cup quick-cooking oats
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons vanilla extract
- ☐ 0.3 cup vegetable shortening
- ☐ 1.3 cups water boiling

Equipment

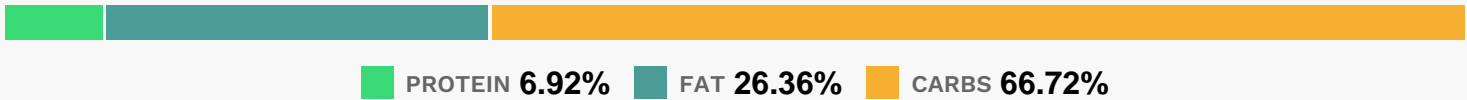
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ wax paper
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Coat bottoms of 2 (9-inch) round cake pans with cooking spray (do not coat sides of pan), and line bottoms of pans with wax paper. Coat wax paper with cooking spray, and dust with 1 tablespoon flour.
- ☐ Combine water and oats in a medium bowl; let stand 20 minutes. Beat granulated sugar, brown sugar, shortening, and vanilla at medium speed of a mixer for 5 minutes.
- ☐ Add eggs, 1 at a time, beating well after each addition.
- ☐ Add oatmeal, beating until blended.
- ☐ Lightly spoon 1 1/2 cups flour into dry measuring cups; level with a knife.
- ☐ Combine 1 1/2 cups flour, baking soda, cinnamon, salt, and nutmeg, stirring well with a whisk.

- ☐ Add flour mixture to sugar mixture alternately with buttermilk, beginning and ending with flour mixture.
- ☐ Pour batter into prepared pans. Sharply tap pans once on counter to remove air bubbles.
- ☐ Bake at 350 for 35 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes on a wire rack; remove from pans.
- ☐ Remove wax paper. Cool completely on wire rack.
- ☐ Place 1 cake layer on a plate; spread layer with 1/2 cup Caramel-Pecan Frosting, and top with the remaining layer.
- ☐ Spread the remaining frosting over the top and sides of cake. Store the cake loosely covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:22.51, Glycemic Load:15.22, Inflammation Score:-2, Nutrition Score:4.4213043700742%

Nutrients (% of daily need)

Calories: 194.68kcal (9.73%), Fat: 5.76g (8.87%), Saturated Fat: 1.5g (9.39%), Carbohydrates: 32.83g (10.94%), Net Carbohydrates: 31.95g (11.62%), Sugar: 19.94g (22.16%), Cholesterol: 35.17mg (11.73%), Sodium: 170.08mg (7.39%), Alcohol: 0.17g (100%), Alcohol %: 0.28% (100%), Protein: 3.4g (6.81%), Manganese: 0.34mg (16.79%), Selenium: 9.07µg (12.95%), Vitamin B1: 0.13mg (8.7%), Vitamin B2: 0.12mg (7.24%), Folate: 28.86µg (7.22%), Phosphorus: 62.27mg (6.23%), Iron: 1.06mg (5.9%), Magnesium: 19.69mg (4.92%), Vitamin B3: 0.79mg (3.94%), Fiber: 0.88g (3.54%), Vitamin B5: 0.3mg (2.97%), Calcium: 28.91mg (2.89%), Zinc: 0.41mg (2.74%), Vitamin E: 0.41mg (2.73%), Copper: 0.05mg (2.7%), Vitamin K: 2.55µg (2.42%), Potassium: 70.86mg (2.02%), Vitamin B6: 0.03mg (1.68%), Vitamin B12: 0.1µg (1.67%), Vitamin D: 0.19µg (1.25%), Vitamin A: 54.58IU (1.09%)