



Old Fashioned Kentucky Nut Cake

READY IN



45 min.

SERVINGS



15

CALORIES



287 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 3 eggs
- 2.7 cups flour all-purpose
- 1 cup milk
- 1 teaspoon salt
- 0.7 cup shortening
- 1 teaspoon vanilla extract
- 1.3 cups walnuts chopped
- 0.7 cup sugar white

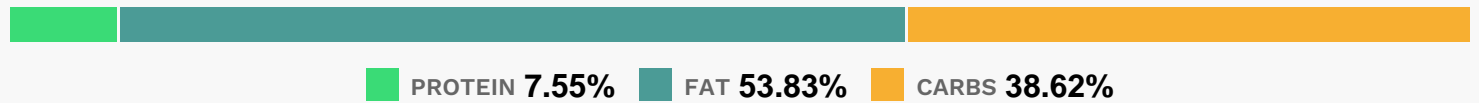
Equipment

- bowl
- oven
- wire rack
- cake form

Directions

- Sift together flour, salt, and baking powder.
- In a large bowl, cream shortening and sugar until fluffy. Beat in eggs one at a time.
- Combine milk and vanilla, and add alternately with flour mixture to egg mixture. Fold in nuts.
- Pour into a greased and floured 9 x 13 inch cake pan.
- Bake at 350 degrees F (175 degrees C) for 35 to 40 minutes. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:19.04, Inflammation Score:-3, Nutrition Score:7.3604347563308%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg

Nutrients (% of daily need)

Calories: 287.06kcal (14.35%), Fat: 17.5g (26.92%), Saturated Fat: 3.53g (22.05%), Carbohydrates: 28.24g (9.41%), Net Carbohydrates: 26.94g (9.8%), Sugar: 10.05g (11.17%), Cholesterol: 34.69mg (11.56%), Sodium: 231.37mg (10.06%), Alcohol: 0.09g (100%), Alcohol %: 0.15% (100%), Protein: 5.52g (11.04%), Manganese: 0.51mg (25.56%), Selenium: 11.11µg (15.87%), Vitamin B1: 0.22mg (14.96%), Folate: 54.99µg (13.75%), Vitamin B2: 0.19mg (11.18%), Phosphorus: 105.54mg (10.55%), Copper: 0.2mg (10.24%), Iron: 1.56mg (8.66%), Vitamin B3: 1.45mg (7.27%), Calcium: 70.11mg (7.01%), Magnesium: 24.51mg (6.13%), Fiber: 1.3g (5.19%), Vitamin K: 5.27µg (5.02%), Vitamin E: 0.75mg (4.97%), Vitamin B6: 0.09mg (4.53%), Zinc: 0.66mg (4.39%), Vitamin B5: 0.41mg (4.14%), Potassium: 106.9mg (3.05%), Vitamin B12: 0.17µg (2.77%), Vitamin D: 0.35µg (2.37%), Vitamin A: 75.95IU (1.52%)