



Old-fashioned Spice Cake

READY IN



45 min.

SERVINGS



16

CALORIES



206 kcal

DESSERT

Ingredients

- ☐ 1.8 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 1 tablespoon cake flour
- ☐ 3 cups cake flour sifted
- ☐ 2 large egg whites
- ☐ 1.5 cups skim milk fat-free
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 0.8 cup granulated sugar

- ☐ 0.8 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon nutmeg
- ☐ 0.3 cup stick margarine softened
- ☐ 2.5 teaspoons vanilla extract
- ☐ 2 tablespoons vegetable oil

Equipment

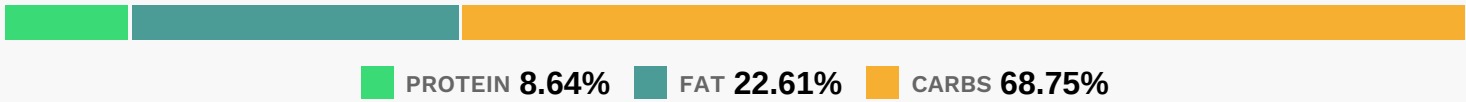
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350
- ☐ Coat 3 (8-inch) round cake pans with cooking spray; dust with 1 tablespoon flour.
- ☐ Beat granulated sugar, butter, oil, and vanilla at medium speed of a mixer for 1 1/2 minutes or until well-blended.
- ☐ Add brown sugar, yogurt, and egg whites; beat at high speed of a mixer 1 1/2 minutes.
- ☐ Lightly spoon 3 cups sifted cake flour into dry measuring cups.
- ☐ Combine sifted flour and next 5 ingredients (flour through nutmeg) in a bowl.
- ☐ Add flour mixture to creamed mixture alternately with milk, beginning and ending with flour mixture.
- ☐ Pour cake batter into prepared pans. Sharply tap pans once on counter to remove air bubbles.
- ☐ Bake at 350 for 24 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes on wire racks; remove from pans. Cool completely on wire racks.
- ☐ Place 1 cake layer on a plate.
- ☐ Spread with 1/3 cup Caramel Frosting; top with another cake layer.
- ☐ Spread with 1/3 cup frosting, and top with the remaining cake layer.

Spread remaining frosting over top and sides of cake.

Nutrition Facts



Properties

Glycemic Index:26.21, Glycemic Load:18.27, Inflammation Score:-2, Nutrition Score:3.703043465705%

Nutrients (% of daily need)

Calories: 205.74kcal (10.29%), Fat: 5.17g (7.95%), Saturated Fat: 0.97g (6.07%), Carbohydrates: 35.38g (11.79%), Net Carbohydrates: 34.7g (12.62%), Sugar: 17.78g (19.76%), Cholesterol: 0.79mg (0.26%), Sodium: 138.28mg (6.01%), Alcohol: 0.22g (100%), Alcohol %: 0.34% (100%), Protein: 4.45g (8.89%), Selenium: 11.09µg (15.85%), Manganese: 0.22mg (11.16%), Calcium: 79.02mg (7.9%), Phosphorus: 67.43mg (6.74%), Vitamin B2: 0.08mg (4.61%), Vitamin A: 180.86IU (3.62%), Vitamin K: 3.25µg (3.09%), Vitamin B12: 0.17µg (2.86%), Magnesium: 11.39mg (2.85%), Potassium: 95.6mg (2.73%), Fiber: 0.67g (2.69%), Copper: 0.05mg (2.58%), Zinc: 0.37mg (2.44%), Vitamin B5: 0.24mg (2.4%), Vitamin B1: 0.04mg (2.36%), Vitamin E: 0.35mg (2.35%), Folate: 9.31µg (2.33%), Iron: 0.34mg (1.91%), Vitamin D: 0.25µg (1.68%), Vitamin B3: 0.29mg (1.46%), Vitamin B6: 0.03mg (1.44%)