



One - Two - Three - Four Cake II

READY IN



65 min.

SERVINGS



8

CALORIES



622 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 1 cup butter
- 3 cups cake flour
- 4 egg whites room temperature
- 4 egg yolks room temperature
- 1 cup milk room temperature
- 1 teaspoon vanilla extract
- 2 cups sugar white divided

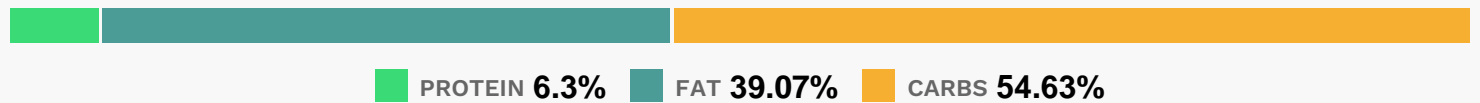
Equipment

- bowl
- oven
- hand mixer

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour three 9-inch round pans.
- Beat butter and 1 cup of sugar with an electric mixer in a large bowl until light and fluffy. The mixture should be noticeably lighter in color.
- In a separate bowl, beat egg yolks well, then add to butter mixture.
- Sift together flour and baking powder.
- Add alternately with the milk to the butter-sugar mixture. Beat well.
- Add vanilla.
- Beat egg whites until stiff but not dry.
- Add 1 cup sugar to the egg whites. Fold into cake batter.
- Divide evenly into three prepared 9 inch round pans.
- Bake at 350 degrees F (175 degrees C) for 25 minutes.

Nutrition Facts



Properties

Glycemic Index:39.64, Glycemic Load:57.73, Inflammation Score:-5, Nutrition Score:8.2347827476004%

Nutrients (% of daily need)

Calories: 622.22kcal (31.11%), Fat: 27.34g (42.06%), Saturated Fat: 16.13g (100.79%), Carbohydrates: 86.01g (28.67%), Net Carbohydrates: 84.89g (30.87%), Sugar: 51.75g (57.5%), Cholesterol: 161.87mg (53.96%), Sodium: 330.74mg (14.38%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 9.92g (19.85%), Selenium: 27.81µg (39.74%), Manganese: 0.38mg (19.12%), Vitamin A: 889.22IU (17.78%), Phosphorus: 142.37mg (14.24%), Calcium: 123.33mg (12.33%), Vitamin B2: 0.2mg (11.95%), Folate: 30.06µg (7.52%), Vitamin E: 1.09mg (7.29%), Vitamin B12:

0.4µg (6.7%), Vitamin B5: 0.65mg (6.48%), Vitamin D: 0.82µg (5.48%), Zinc: 0.77mg (5.11%), Copper: 0.1mg (5%),
Vitamin B1: 0.07mg (4.83%), Magnesium: 18.38mg (4.59%), Iron: 0.82mg (4.56%), Fiber: 1.13g (4.51%), Potassium:
135.63mg (3.88%), Vitamin B6: 0.07mg (3.46%), Vitamin B3: 0.53mg (2.66%), Vitamin K: 2.28µg (2.17%)