



Pecan Pie Cake

READY IN



35 min.

SERVINGS



35

CALORIES



220 kcal

DESSERT

Ingredients

- ☐ 1 recipe pecan pie filling
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 1 cup buttermilk
- ☐ 0.8 cup plus dark
- ☐ 5 large eggs separated
- ☐ 2 cups flour all-purpose
- ☐ 3 cups pecans divided toasted finely chopped
- ☐ 0.5 cup shortening

- ☐ 2 cups sugar
- ☐ 1 tablespoon vanilla extract

Equipment

- ☐ oven
- ☐ hand mixer
- ☐ wax paper

Directions

- ☐ Sprinkle 2 cups pecans evenly into 3 generously buttered 9-inch round cakepans; shake to coat bottoms and sides of pans.
- ☐ Beat 1/2 cup butter and shortening at medium speed with an electric mixer until fluffy; gradually add sugar, beating well.
- ☐ Add egg yolks, 1 at a time, beating until blended after each addition. Stir in vanilla.
- ☐ Add flour and baking soda to butter mixture alternately with buttermilk, beginning and ending with flour. Beat at low speed until blended after each addition. Stir in remaining 1 cup finely chopped pecans.
- ☐ Beat egg whites at medium speed until stiff peaks form; fold one-third of egg whites into batter. Fold in remaining egg whites. (Do not overmix.)
- ☐ Pour batter into prepared pans.
- ☐ Bake at 350 for 25 minutes or until done. Cool in pans on wire racks 10 minutes. Invert layers onto wax paper-lined wire racks.
- ☐ Brush tops and sides of layers with corn syrup, and cool completely.
- ☐ Spread half of Pecan Pie Filling on 1 layer, pecan side up.
- ☐ Place second layer, pecan side up, on filling; spread with remaining filling. Top with remaining layer, pecan side up.
- ☐ Arrange Pastry
- ☐ Garnish on and around cake, if desired.

Nutrition Facts



Properties

Glycemic Index:7.89, Glycemic Load:17.17, Inflammation Score:-2, Nutrition Score:4.4556521851084%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 220.23kcal (11.01%), Fat: 13.28g (20.43%), Saturated Fat: 2.22g (13.85%), Carbohydrates: 24.27g (8.09%), Net Carbohydrates: 23.18g (8.43%), Sugar: 17.88g (19.86%), Cholesterol: 27.33mg (9.11%), Sodium: 90.94mg (3.95%), Alcohol: 0.13g (100%), Alcohol %: 0.29% (100%), Protein: 2.74g (5.49%), Manganese: 0.48mg (24%), Vitamin B1: 0.13mg (8.37%), Selenium: 5.5µg (7.86%), Copper: 0.13mg (6.71%), Vitamin B2: 0.1mg (5.66%), Phosphorus: 55.14mg (5.51%), Folate: 18.86µg (4.71%), Fiber: 1.09g (4.36%), Iron: 0.73mg (4.06%), Zinc: 0.6mg (3.97%), Magnesium: 15.15mg (3.79%), Vitamin A: 171.12IU (3.42%), Vitamin E: 0.49mg (3.3%), Vitamin B3: 0.55mg (2.73%), Vitamin B5: 0.27mg (2.72%), Calcium: 21.97mg (2.2%), Potassium: 70.43mg (2.01%), Vitamin B6: 0.04mg (1.92%), Vitamin K: 1.95µg (1.86%), Vitamin B12: 0.1µg (1.64%), Vitamin D: 0.23µg (1.55%)