



## Simple and Delicious Sponge Cake

 Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



296 kcal

DESSERT

### Ingredients

- ☐ 2 eggs
- ☐ 0.5 cup butter
- ☐ 1 cup self-rising flour
- ☐ 0.5 cup sugar white

### Equipment

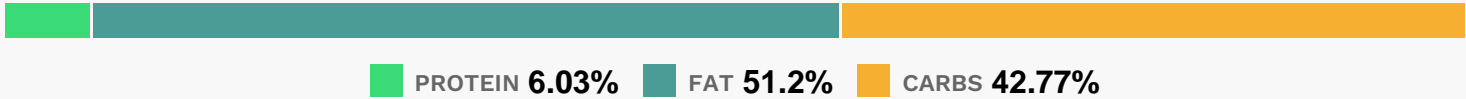
- ☐ bowl
- ☐ frying pan
- ☐ baking paper

- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form

## Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Grease an 8 inch cake pan and line with a circle of parchment paper.
- ☐ Beat the margarine and sugar with an electric mixer in a large bowl until light and fluffy. The mixture should be noticeably lighter in color.
- ☐ Add the eggs one at a time, allowing each egg to blend into the margarine mixture before adding the next. Fold in the flour until only small lumps remain; pour into the prepared pan.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 30 minutes. Cool in the pan for 10 minutes before removing to cool completely on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:22.85, Glycemic Load:21.42, Inflammation Score:-5, Nutrition Score:3.8465217155931%

## Nutrients (% of daily need)

Calories: 296.36kcal (14.82%), Fat: 17.02g (26.19%), Saturated Fat: 3.67g (22.93%), Carbohydrates: 31.99g (10.66%), Net Carbohydrates: 31.49g (11.45%), Sugar: 16.75g (18.61%), Cholesterol: 54.56mg (18.19%), Sodium: 199.79mg (8.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.03%), Selenium: 12.87µg (18.39%), Vitamin A: 756.27IU (15.13%), Manganese: 0.17mg (8.49%), Vitamin E: 0.82mg (5.49%), Phosphorus: 53.6mg (5.36%), Vitamin B2: 0.09mg (5.28%), Folate: 13.96µg (3.49%), Vitamin B5: 0.33mg (3.32%), Iron: 0.45mg (2.51%), Vitamin B12: 0.15µg (2.49%), Copper: 0.05mg (2.48%), Zinc: 0.37mg (2.45%), Fiber: 0.5g (2%), Vitamin D: 0.29µg (1.96%), Magnesium: 7.54mg (1.88%), Vitamin B6: 0.03mg (1.72%), Calcium: 17.18mg (1.72%), Vitamin B1: 0.02mg (1.63%), Potassium: 49.35mg (1.41%), Vitamin B3: 0.22mg (1.12%)