



St. Louis Butter Cake

 Vegetarian

READY IN



239 min.

SERVINGS



24

CALORIES



191 kcal

DESSERT

Ingredients

- 0.3 cup canola oil
- 3 tablespoons plus light
- 1.8 teaspoons yeast dry
- 1 large eggs
- 1.8 cups flour all-purpose
- 5.2 ounces flour all-purpose (1 cup plus 3 tablespoons)
- 1.5 cups granulated sugar
- 3 tablespoons granulated sugar

- 3 tablespoons milk 1% low-fat room temperature
- 1 tablespoon powdered sugar
- 0.5 teaspoon salt
- 1 teaspoon salt
- 2 tablespoons butter unsalted softened
- 9 tablespoons butter unsalted softened
- 2.5 teaspoons vanilla extract
- 2 tablespoons water
- 2 tablespoons warm water (100° to 110°)

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- blender
- baking pan
- measuring cup

Directions

- Combine milk and 2 tablespoons warm water in a bowl, stirring with a whisk. Dissolve yeast in milk mixture.
- Let stand 5 minutes.
- Place canola oil and next 3 ingredients (through salt) in a large bowl; beat with a mixer at medium speed until well blended (about 1 minute).
- Add egg, beating well. Weigh or lightly spoon 9 ounces (about 1 3/4 cups) flour into dry measuring cups; level with a knife.

- Add flour and milk mixture alternately to sugar mixture, beginning and ending with flour. Beat 5 minutes or until dough is smooth and pulls away from sides of bowl.
- Pat dough into bottom of a 13 x 9-inch metal baking pan coated with baking spray; cover with a damp towel.
- Let rise in a warm place (85), free from drafts, 2 hours or until doubled in size.
- Preheat oven to 350
- Combine corn syrup, 2 tablespoons water, and vanilla in a bowl, stirring with a whisk.
- Place 1 1/2 cups granulated sugar, 9 tablespoons butter, and 1/2 teaspoon salt in a large bowl; beat with a mixer at medium speed until fluffy (about 3 minutes).
- Add egg, beating well. Weigh or lightly spoon 2 ounces (about 1 cup plus 3 tablespoons) flour into a dry measuring cup; level with a knife.
- Add flour and corn syrup mixture alternately to sugar mixture, beginning and ending with flour mixture. Dollop topping over dough, and spread to edges of pan.
- Bake at 350 for 35 minutes or until top is golden brown. Cool completely in pan on a wire rack.
- Sprinkle with powdered sugar, and cut into squares.

Nutrition Facts



PROTEIN 4.24% **FAT 37.15%** **CARBS 58.61%**

Properties

Glycemic Index:12.88, Glycemic Load:18.6, Inflammation Score:-2, Nutrition Score:3.0778260490169%

Nutrients (% of daily need)

Calories: 190.87kcal (9.54%), Fat: 7.97g (12.26%), Saturated Fat: 3.57g (22.31%), Carbohydrates: 28.29g (9.43%), Net Carbohydrates: 27.82g (10.12%), Sugar: 16.61g (18.45%), Cholesterol: 21.64mg (7.21%), Sodium: 152.17mg (6.62%), Alcohol: 0.14g (100%), Alcohol %: 0.37% (100%), Protein: 2.05g (4.1%), Vitamin B1: 0.15mg (9.91%), Selenium: 6.04µg (8.63%), Folate: 34.44µg (8.61%), Vitamin B2: 0.1mg (5.99%), Manganese: 0.11mg (5.38%), Vitamin B3: 1mg (5%), Iron: 0.76mg (4.22%), Vitamin E: 0.59mg (3.92%), Vitamin A: 175.28IU (3.51%), Phosphorus: 25.54mg (2.55%), Vitamin K: 2.17µg (2.06%), Fiber: 0.47g (1.89%), Vitamin B5: 0.14mg (1.43%), Copper: 0.03mg (1.37%), Zinc: 0.18mg (1.2%), Vitamin D: 0.16µg (1.06%), Magnesium: 4.19mg (1.05%)