



Sunny's Sunshine Cake

READY IN

ready

185 min.

SERVINGS

servings

16

CALORIES

calories

426 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 sticks butter
- ☐ 1.5 cups cake flour sifted
- ☐ 0.5 teaspoon cream of tartar
- ☐ 6 eggs room temperature
- ☐ 16 servings orange juice
- ☐ 16 servings orange zest for garnish, optional
- ☐ 2.5 cups powdered sugar

- ☐ 0.5 teaspoon salt
- ☐ 2 cups sugar
- ☐ 0.5 cup water cold

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ spatula
- ☐ sifter

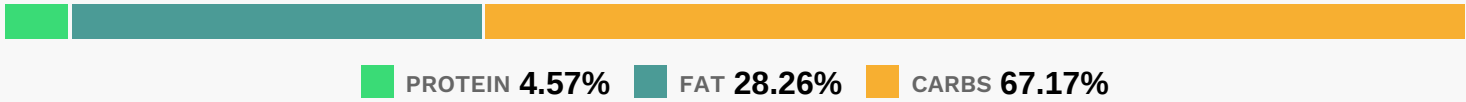
Directions

- ☐ Preheat oven to 325 degrees F.
- ☐ Separate eggs carefully, putting whites in a large mixing bowl and yolks in another large mixing bowl. Beat egg yolks until light and foamy. Slowly add the water. Gradually beat in the sugar, then vanilla and/or almond extract; beat until pale and thick in texture (total beating time can be as long as 7 minutes). Sift flour again with salt and baking powder. Return to sifter and fold flour mixture into egg yolk mixture, sifting in a little at a time.
- ☐ Beat egg whites gently until foamy.
- ☐ Add a pinch of salt and the cream of tartar. Increase the mixer speed and beat until they form moist, glossy peaks.
- ☐ Pour the egg yolk mixture in thin stream over the entire surface of the egg white mixture, gently cutting and folding with rubber spatula, making sure everything is completely folded.
- ☐ Pour into an ungreased 10-inch round tube pan with a removable bottom. Draw a thin spatula gently through the batter to get rid of any large air pockets.
- ☐ Bake on the second rack from the bottom of the oven for 1 hour. (The cake tends to fall a small amount after 50 minutes, so do not worry.)
- ☐ Invert pan onto a rack and let cool out of the pan for 1 1/2 hours. Frost when cake is completely cooled. If desired, garnish cake with orange peel or zest.

- ☐
- Combine butter and sugar in a medium bowl.

☐

Nutrition Facts



Properties

Glycemic Index:20.69, Glycemic Load:32.04, Inflammation Score:-7, Nutrition Score:11.294347830441%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 20.32mg, Hesperetin: 20.32mg, Hesperetin: 20.32mg, Hesperetin: 20.32mg Naringenin: 3.64mg, Naringenin: 3.64mg, Naringenin: 3.64mg, Naringenin: 3.64mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 425.6kcal (21.28%), Fat: 13.66g (21.02%), Saturated Fat: 7.85g (49.06%), Carbohydrates: 73.08g (24.36%), Net Carbohydrates: 71.18g (25.89%), Sugar: 57.71g (64.12%), Cholesterol: 91.75mg (30.58%), Sodium: 216.79mg (9.43%), Alcohol: 0.09g (100%), Alcohol %: 0.04% (100%), Protein: 4.97g (9.95%), Vitamin C: 101.32mg (122.81%), Folate: 66.65µg (16.66%), Vitamin A: 832.72IU (16.65%), Selenium: 10.41µg (14.87%), Vitamin B1: 0.18mg (12.27%), Potassium: 420.1mg (12%), Vitamin B2: 0.16mg (9.27%), Phosphorus: 84.34mg (8.43%), Fiber: 1.89g (7.58%), Vitamin B5: 0.7mg (7.02%), Calcium: 67.84mg (6.78%), Magnesium: 26.71mg (6.68%), Manganese: 0.12mg (6.2%), Copper: 0.12mg (6.19%), Vitamin B6: 0.12mg (6.1%), Iron: 0.89mg (4.94%), Vitamin B3: 0.92mg (4.62%), Vitamin E: 0.65mg (4.31%), Zinc: 0.45mg (2.97%), Vitamin B12: 0.17µg (2.85%), Vitamin D: 0.33µg (2.2%), Vitamin K: 1.24µg (1.18%)