



Sweet Story Valentine Cake

READY IN



180 min.

SERVINGS



6

CALORIES



817 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 6 servings almonds sliced for garnish
- ☐ 5 teaspoons double-acting baking powder
- ☐ 12 ounces cake flour
- ☐ 12 ounces powdered sugar
- ☐ 6 large egg whites
- ☐ 10.5 ounces granulated sugar
- ☐ 1 cup maraschino cherries packed chopped
- ☐ 4 tablespoons milk

- ☐ 6 servings salt
- ☐ 3 ounces butter unsalted soft
- ☐ 1 teaspoon vanilla extract

Equipment

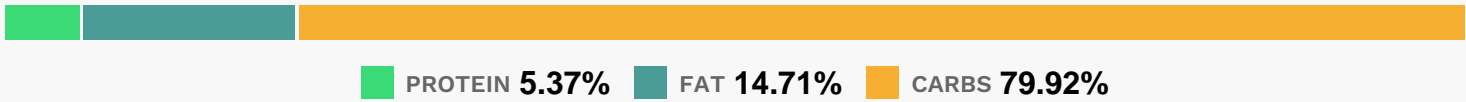
- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ offset spatula

Directions

- ☐ For the Cake: Adjust oven rack to middle position and preheat to 350°F. Line 2 8-inch round cake pans with parchment paper and lightly grease sides. Stir butter, sugar, and salt in large bowl until very creamy.
- ☐ Whisk in egg whites, a portion at a time, until completely combined.
- ☐ Whisk in vanilla and almond extracts.
- ☐ Whisk in milk and cherries, and a few dabs of food coloring (if desired).
- ☐ Add flour, baking powder, and almonds to the bowl, then whisk until just combined.
- ☐ Divide batter between pans and bake until center is just set, 25 to 30 minutes.
- ☐ Let cakes cool in pans for 10 minutes, then invert onto wire rack to cool completely before frosting.
- ☐ For the Frosting: Stir butter, sugar, small pinch salt, vanilla, almond extract, and 2 tablespoons milk in large bowl until moistened.
- ☐ Whisk until light and creamy, adding more milk as necessary (see note). Tint with a few dabs of food coloring if desired.
- ☐ Place one cake layer on serving plate.
- ☐ Spread with thin layer of frosting. Top with second layer and use remaining frosting to cover cake, swirling with a spoon or offset spatula.

Garnish with sliced almonds.

Nutrition Facts



Properties

Glycemic Index:46.18, Glycemic Load:62.31, Inflammation Score:-3, Nutrition Score:8.6900001245996%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 816.54kcal (40.83%), Fat: 13.56g (20.85%), Saturated Fat: 7.66g (47.87%), Carbohydrates: 165.67g (55.22%), Net Carbohydrates: 162.91g (59.24%), Sugar: 121.33g (134.81%), Cholesterol: 31.68mg (10.56%), Sodium: 611.7mg (26.6%), Alcohol: 0.34g (100%), Alcohol %: 0.16% (100%), Protein: 11.14g (22.27%), Selenium: 30.21µg (43.15%), Calcium: 247.66mg (24.77%), Manganese: 0.49mg (24.43%), Phosphorus: 152.54mg (15.25%), Vitamin B2: 0.23mg (13.53%), Fiber: 2.75g (11.02%), Copper: 0.19mg (9.42%), Vitamin A: 389.32IU (7.79%), Iron: 1.18mg (6.53%), Magnesium: 24.59mg (6.15%), Vitamin E: 0.84mg (5.58%), Folate: 20.9µg (5.22%), Zinc: 0.69mg (4.61%), Potassium: 148.81mg (4.25%), Vitamin B5: 0.39mg (3.9%), Vitamin B1: 0.06mg (3.68%), Vitamin B3: 0.66mg (3.3%), Vitamin D: 0.32µg (2.15%), Vitamin B12: 0.11µg (1.8%), Vitamin K: 1.78µg (1.7%), Vitamin B6: 0.03mg (1.64%)