



Three-Milk Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



476 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 8 large eggs
- ☐ 12 oz evaporated milk canned
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup kahlua (or strong coffee)
- ☐ 12 servings lightly softly whipped cream sweetened
- ☐ 1 cup milk
- ☐ 12 servings strawberries sliced

- ☐ 1.5 cups sugar
- ☐ 14 oz condensed milk sweetened canned
- ☐ 1 teaspoon vanilla

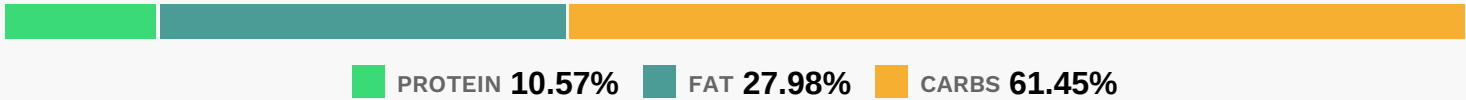
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ toothpicks
- ☐ spatula

Directions

- ☐ In a large bowl, with a mixer on high speed (use whip attachment if available), beat eggs and sugar until thick and pale yellow, 5 to 6 minutes. In a small bowl, mix flour and baking powder. With mixer on medium speed, gradually add flour mixture in small increments and beat until smooth. Scrape batter into a buttered 9- by 13-inch baking pan.
- ☐ Bake in a 325 regular or convection oven until a toothpick inserted in the center comes out clean, 30 to 40 minutes.
- ☐ Meanwhile, in a blender, whirl condensed milk, evaporated milk, regular milk, Kahlua, and vanilla until well blended.
- ☐ Pour evenly over hot cake; let cool about 15 minutes, then cover and chill until cake has absorbed all the milk mixture, at least 3 hours, or up to 1 day.
- ☐ Cut cake into squares or rectangles, lift out with a wide spatula, and set on plates. Top each piece of cake with a spoonful of whipped cream and garnish with strawberries.

Nutrition Facts



Properties

Glycemic Index:31.34, Glycemic Load:43.82, Inflammation Score:-7, Nutrition Score:19.331304498341%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.13mg, Epigallocatechin: 1.13mg, Epigallocatechin: 1.13mg, Epigallocatechin: 1.13mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 475.76kcal (23.79%), Fat: 15.11g (23.24%), Saturated Fat: 8.04g (50.27%), Carbohydrates: 74.65g (24.88%), Net Carbohydrates: 71.21g (25.89%), Sugar: 55.11g (61.23%), Cholesterol: 166.46mg (55.49%), Sodium: 241.05mg (10.48%), Alcohol: 0.11g (100%), Alcohol %: 0.04% (100%), Protein: 12.84g (25.67%), Vitamin C: 86.16mg (104.44%), Manganese: 0.71mg (35.74%), Selenium: 23.96µg (34.22%), Vitamin B2: 0.55mg (32.41%), Calcium: 307.41mg (30.74%), Phosphorus: 306.9mg (30.69%), Folate: 94.36µg (23.59%), Vitamin B1: 0.27mg (17.78%), Potassium: 531.33mg (15.18%), Fiber: 3.44g (13.78%), Iron: 2.38mg (13.23%), Vitamin B5: 1.3mg (13%), Vitamin A: 603.78IU (12.08%), Magnesium: 45.6mg (11.4%), Vitamin B12: 0.6µg (9.96%), Vitamin B3: 1.97mg (9.84%), Zinc: 1.39mg (9.29%), Vitamin B6: 0.18mg (8.85%), Copper: 0.14mg (6.75%), Vitamin D: 0.98µg (6.57%), Vitamin E: 0.89mg (5.93%), Vitamin K: 3.77µg (3.59%)