



Tiered Dogwood Blossom Cake

READY IN



45 min.

SERVINGS



20

CALORIES



460 kcal

DESSERT

Ingredients

- ☐ 5 teaspoons double-acting baking powder
- ☐ 1 cup butter softened
- ☐ 6 cups cake flour
- ☐ 8 egg whites
- ☐ 4 large eggs
- ☐ 2 cups milk
- ☐ 1 teaspoon salt
- ☐ 1 cup shortening
- ☐ 3 cups sugar

- ☐ 1 tablespoon vanilla extract

Equipment


- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Grease and flour 1 (14-inch) round cakepan; set aside.
- ☐ Beat shortening and butter at medium speed with an electric mixer until creamy; gradually add sugar, beating until blended.
- ☐ Add eggs, 1 at a time, beating just until blended.
- ☐ Combine cake flour, baking powder, and salt; add to butter mixture alternately with milk, beginning and ending with flour mixture. Beat at low speed until blended after each addition. Stir in vanilla.
- ☐ Beat egg whites at high speed with an electric mixer until stiff peaks form. Fold into cake batter. Spoon batter into cakepan.
- ☐ Bake at 325 for 1 hour and 20 minutes or until a wooden pick inserted in center comes out clean. Cool cake in pan on a wire rack for 15 minutes; remove from pan, and let cool completely on wire rack.
- ☐ Wrap layer in plastic wrap, and freeze 2 hours.
- ☐ Note: One recipe will make 2 (10-inch) layers and 2 (6-inch) layers. Spoon 5 cups batter into each of 2 greased and floured 10-inch round cakepans, and 2 cups batter into each of 2 greased and floured 6-inch round cakepans.
- ☐ Bake the 10-inch layers 30 minutes and the 6-inch layers 22 minutes or until a wooden pick inserted into the center comes out clean.
- ☐ Layers may be frozen up to 1 month. Unwrap and thaw at room temperature 2 hours.

Nutrition Facts



 **PROTEIN 6.86%**  **FAT 42.52%**  **CARBS 50.62%**

Properties

Glycemic Index:15.85, Glycemic Load:39.25, Inflammation Score:-3, Nutrition Score:6.2891303663668%

Nutrients (% of daily need)

Calories: 460.45kcal (23.02%), Fat: 21.93g (33.73%), Saturated Fat: 9.25g (57.84%), Carbohydrates: 58.74g (19.58%), Net Carbohydrates: 57.84g (21.03%), Sugar: 31.44g (34.93%), Cholesterol: 64.53mg (21.51%), Sodium: 340.17mg (14.79%), Alcohol: 0.22g (100%), Alcohol %: 0.21% (100%), Protein: 7.96g (15.92%), Selenium: 21.12µg (30.17%), Manganese: 0.31mg (15.26%), Phosphorus: 107.29mg (10.73%), Calcium: 104.11mg (10.41%), Vitamin B2: 0.16mg (9.69%), Vitamin E: 1.16mg (7.73%), Vitamin A: 377.91IU (7.56%), Vitamin K: 6.46µg (6.16%), Vitamin B5: 0.51mg (5.14%), Folate: 17.9µg (4.47%), Vitamin B12: 0.25µg (4.18%), Copper: 0.08mg (4.06%), Magnesium: 15.4mg (3.85%), Zinc: 0.57mg (3.77%), Iron: 0.66mg (3.66%), Fiber: 0.9g (3.61%), Vitamin B1: 0.05mg (3.39%), Potassium: 111.97mg (3.2%), Vitamin D: 0.47µg (3.12%), Vitamin B6: 0.05mg (2.35%), Vitamin B3: 0.43mg (2.14%)