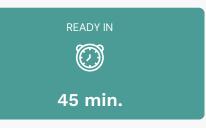


Tiered Dogwood Blossom Cake







DESSERT

Ingredients

1 cup shortening

3 cups sugar

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 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

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: 377.91lU (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%)