



Victoria Sponge Cake

 Vegetarian

READY IN



80 min.

SERVINGS



6

CALORIES



461 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 1 cup butter softened
- 1 cup confectioners' sugar
- 2 eggs room temperature
- 1 cup flour all-purpose
- 0.5 cup milk room temperature
- 1 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks
- springform pan

Directions

- Preheat oven to 400 degrees F (200 degrees C). Grease an 8-inch springform pan.
- Sift the flour and baking powder into a medium bowl and set aside.
- Cream the butter and sugar together in a medium bowl.
- Add the eggs, one at a time mixing thoroughly with each addition. Slowly stir the flour mixture in with the butter, sugar, and eggs. Beat in the milk and vanilla until the batter is smooth.
- Pour the batter into the prepared pan
- Beat butter and sugar with an electric mixer until light and fluffy. The mixture should be noticeably lighter in color.
- Add room-temperature eggs one at a time, allowing each egg to blend into butter mixture before adding the next. Beat in vanilla.
- Pour in the flour mixture alternately with the milk, mixing until just incorporated.
- Pour batter into prepared pan.
- Bake in the preheated oven until a toothpick inserted in the center comes out clean, about 20 minutes. Cool the cake in the pan for 10 minutes, then turn the cake out onto a wire rack to cool completely.
- This cake can be served as is, just dusted with confectioners' sugar. Alternately, cut the cake in half horizontally and sandwich the layers together with jam or custard.

Nutrition Facts



PROTEIN 4.29% **FAT 63.67%** **CARBS 32.04%**

Properties

Glycemic Index:42.5, Glycemic Load:12.13, Inflammation Score:-6, Nutrition Score:6.7282609213953%

Nutrients (% of daily need)

Calories: 460.52kcal (23.03%), Fat: 32.93g (50.67%), Saturated Fat: 20.32g (126.97%), Carbohydrates: 37.3g (12.43%), Net Carbohydrates: 36.73g (13.36%), Sugar: 20.76g (23.06%), Cholesterol: 138.34mg (46.11%), Sodium: 378.7mg (16.47%), Alcohol: 0.23g (100%), Alcohol %: 0.25% (100%), Protein: 4.99g (9.98%), Vitamin A: 1057.59IU (21.15%), Selenium: 12.45µg (17.79%), Vitamin B2: 0.22mg (12.66%), Vitamin B1: 0.18mg (12.18%), Folate: 46.15µg (11.54%), Calcium: 104.46mg (10.45%), Phosphorus: 103.11mg (10.31%), Iron: 1.35mg (7.52%), Manganese: 0.15mg (7.47%), Vitamin E: 1.05mg (7.03%), Vitamin B3: 1.28mg (6.41%), Vitamin B12: 0.3µg (5.08%), Vitamin B5: 0.43mg (4.34%), Vitamin D: 0.52µg (3.45%), Zinc: 0.46mg (3.04%), Vitamin K: 2.82µg (2.68%), Magnesium: 9.89mg (2.47%), Potassium: 83.7mg (2.39%), Vitamin B6: 0.05mg (2.39%), Fiber: 0.56g (2.26%), Copper: 0.04mg (2.14%)