



White Birthday Cake with Italian Meringue Icing

READY IN



45 min.

SERVINGS



16

CALORIES



328 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 3 cups cake flour
- ☐ 0.3 teaspoon cream of tartar
- ☐ 3 large egg whites
- ☐ 3 large eggs
- ☐ 0.8 cup buttermilk low-fat

- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 2 cups sugar
- ☐ 0.8 cup butter unsalted softened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water

Equipment

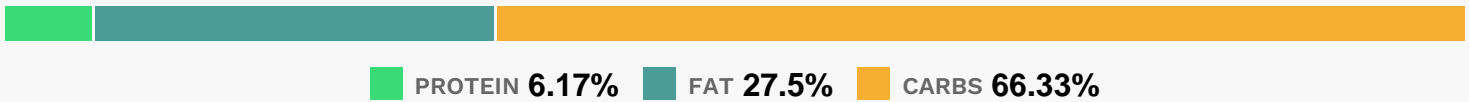
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ wax paper
- ☐ measuring cup
- ☐ candy thermometer

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, coat 2 (9-inch) round cake pans with cooking spray; line bottoms of pans with wax paper. Coat wax paper with cooking spray; set aside.
- ☐ Place 2 cups sugar and unsalted butter in a large bowl; beat with a mixer at medium speed for 5 minutes or until well blended.
- ☐ Add eggs, 1 at a time, beating well after each addition. Beat in 1 teaspoon clear vanilla extract and 1/2 teaspoon almond extract.

- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, baking soda, and 1/2 teaspoon salt, stirring with a whisk.
- ☐ Add flour mixture and buttermilk alternately to sugar mixture, beginning and ending with flour mixture, and mix after each addition.
- ☐ Pour batter into prepared cake pans. Sharply tap pans once on counter to remove air bubbles.
- ☐ Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool cake in pans for 10 minutes on a wire rack; remove cake from pans. Carefully peel off wax paper, and cool completely on wire rack.
- ☐ To prepare icing, place cream of tartar and egg whites in a large bowl; beat with a mixer at high speed until soft peaks form.
- ☐ Combine 1 cup sugar, 1/4 cup water, and 1/4 teaspoon salt in a small saucepan. Cook over medium heat until sugar dissolves, stirring mixture frequently, and bring to a boil. Cook, without stirring, for 2 minutes or until a candy thermometer registers 23
- ☐ Pour hot sugar syrup in a thin stream over egg whites, beating at high speed until stiff peaks form. Stir in 1 teaspoon vanilla extract and 1/2 teaspoon almond extract.
- ☐ Place 1 cake layer on a plate; spread cake layer with 2 cups icing. Top with the remaining cake layer.
- ☐ Spread remaining icing over top and sides of cake.

Nutrition Facts



Properties

Glycemic Index:18.7, Glycemic Load:37.22, Inflammation Score:-2, Nutrition Score:3.7213043006866%

Nutrients (% of daily need)

Calories: 328.39kcal (16.42%), Fat: 10.16g (15.63%), Saturated Fat: 5.89g (36.82%), Carbohydrates: 55.15g (18.38%), Net Carbohydrates: 54.59g (19.85%), Sugar: 38.2g (42.45%), Cholesterol: 58.2mg (19.4%), Sodium: 198.97mg (8.65%), Alcohol: 0.22g (100%), Alcohol %: 0.26% (100%), Protein: 5.13g (10.25%), Selenium: 13.98µg (19.97%), Manganese: 0.19mg (9.65%), Vitamin B2: 0.11mg (6.63%), Vitamin A: 322.29IU (6.45%), Phosphorus: 57.57mg (5.76%), Folate: 13.27µg (3.32%), Calcium: 32.77mg (3.28%), Vitamin B5: 0.3mg (3.01%), Vitamin E: 0.44mg (2.96%), Copper: 0.06mg (2.88%), Zinc: 0.38mg (2.56%), Iron: 0.42mg (2.35%), Magnesium: 9.26mg (2.32%), Vitamin D: 0.35µg (2.31%), Fiber: 0.56g (2.25%), Vitamin B12: 0.13µg (2.2%), Potassium: 75.46mg (2.16%), Vitamin B1: 0.03mg

(1.81%), Vitamin B6: 0.03mg (1.46%), Vitamin B3: 0.26mg (1.31%)