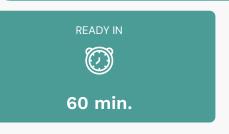
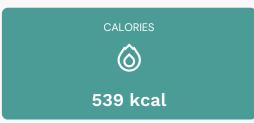


White Mountain Cake







DESSERT

Ingredients

0.5 teaspoon almond extract
4 teaspoons double-acting baking powder
3 cups cake flour
5 egg whites
1 cup milk
0.5 teaspoon salt
0.8 cup shortening
1 teaspoon vanilla extract

1.8 cups sugar white

Equipment		
	bowl	
	oven	
	toothpicks	
Directions		
	Preheat oven to 350 degrees F (175 degrees C). Grease two 9-inch round pans.	
	Sift and measure cake flour.	
	Add salt and baking powder, and sift again.	
	In a large bowl, beat shortening until smooth.	
	Add sugar gradually, and beat until fluffy.	
	Add sifted ingredients alternately with milk and flavorings (see Cook's Note). Beat thoroughly after each addition.	
	Beat egg whites until stiff, and fold into mixture.	
	Pour batter into prepared pans.	
	Bake in preheated oven until cake springs back when lightly touched with a fingertip and a toothpick inserted in the center comes out clean, 25 to 30 minutes. Allow to cool completely before frosting.	
Nutrition Facts		
	PROTEIN 6.37% FAT 34.98% CARBS 58.65%	

Properties

Glycemic Index:33.39, Glycemic Load:53.61, Inflammation Score:-1, Nutrition Score:6.8626087903976%

Nutrients (% of daily need)

Calories: 538.82kcal (26.94%), Fat: 21.15g (32.53%), Saturated Fat: 5.49g (34.29%), Carbohydrates: 79.78g (26.59%), Net Carbohydrates: 78.65g (28.6%), Sugar: 45.5g (50.56%), Cholesterol: 3.66mg (1.22%), Sodium: 402.27mg (17.49%), Alcohol: 0.26g (100%), Alcohol %: 0.2% (100%), Protein: 8.66g (17.32%), Selenium: 23.21µg (33.15%), Manganese: 0.38mg (18.93%), Calcium: 164.18mg (16.42%), Phosphorus: 122.95mg (12.3%), Vitamin K: 10.46µg (9.96%), Vitamin B2: 0.16mg (9.5%), Vitamin E: 1.38mg (9.21%), Vitamin B5: 0.49mg (4.86%), Copper:

0.09mg (4.69%), Magnesium: 18.08mg (4.52%), Fiber: 1.13g (4.52%), Folate: 16.22µg (4.05%), Vitamin B1: 0.06mg (3.95%), Iron: 0.69mg (3.86%), Potassium: 125.6mg (3.59%), Zinc: 0.53mg (3.57%), Vitamin B1: 0.18µg (3.03%), Vitamin B3: 0.52mg (2.62%), Vitamin D: 0.34µg (2.24%), Vitamin B6: 0.04mg (1.86%), Vitamin A: 50.35IU (1.01%)