



White Mountain Cake

READY IN



60 min.

SERVINGS



8

CALORIES



539 kcal

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 B12: 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%)