Yellow Cake Made from Scratch

READY IN	SERVINGS	CALORIES
45 min.	15	222 kcal

DESSERT

Ingredients

- [ ] 3.5 teaspoons double-acting baking powder
- [ ] 3 eggs
- [ ] 2 cups flour all-purpose
- [ ] 1 cup milk
- [ ] 1 teaspoon salt
- [ ] 0.5 cup shortening
- [ ] 1 teaspoon vanilla extract
- [ ] 1.5 cups sugar white

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] oven
- [ ] toothpicks

Directions

- [ ] Preheat oven to 350 degrees F (175 degrees C). Grease and flour one 9x13 inch pan.
- [ ] Mix together the flour, baking powder and salt; set aside.
- [ ] In a large bowl, cream sugar and shortening until light and fluffy.
- [ ] Add eggs one at a time, beating thoroughly after each addition.
- [ ] Add flour mixture alternately with milk, beating just to combine. finally, stir in vanilla.
- [ ] Pour batter into the prepared pan.
- [ ] Bake at 350 degrees F (175 degrees C) for 40 to 45 minutes, or until a toothpick inserted into the cake comes out clean. Frost and enjoy.

Nutrition Facts

PROTEIN **6%** FAT **33.79%** CARBS **60.21%**

Properties

Glycemic Index:18.34, Glycemic Load:23.69, Inflammation Score:-1, Nutrition Score:4.3117391493009%

Nutrients (% of daily need)

Calories: 221.68kcal (11.08%), Fat: 8.42g (12.95%), Saturated Fat: 2.31g (14.45%), Carbohydrates: 33.75g (11.25%), Net Carbohydrates: 33.3g (12.11%), Sugar: 20.85g (23.17%), Cholesterol: 34.69mg (11.56%), Sodium: 273.47mg (11.89%), Alcohol: 0.09g (100%), Alcohol %: 0.17% (100%), Protein: 3.36g (6.73%), Selenium: 8.78µg (12.55%), Vitamin B1: 0.14mg (9.66%), Vitamin B2: 0.15mg (8.77%), Folate: 34.64µg (8.66%), Calcium: 82.67mg (8.27%), Phosphorus: 72.32mg (7.23%), Manganese: 0.12mg (5.93%), Iron: 1.05mg (5.81%), Vitamin B3: 1.01mg (5.04%), Vitamin K: 3.76µg (3.58%), Vitamin E: 0.53mg (3.53%), Vitamin B5: 0.32mg (3.15%), Vitamin B12: 0.17µg (2.77%), Vitamin D: 0.35µg (2.37%), Zinc: 0.3mg (2%), Fiber: 0.45g (1.81%), Magnesium: 6.96mg (1.74%), Vitamin B6: 0.03mg (1.62%), Copper: 0.03mg (1.62%), Potassium: 55.39mg (1.58%), Vitamin A: 73.87IU (1.48%)