

Maple Walnut Cake

Lori Fee - Middlesex, NY

Taste of Home Magazine - November 2013

Servings: 16

CAKE

1/2 cup unsalted butter, softened
1 1/2 cups packed light brown sugar
3 eggs
1 teaspoon maple flavoring or maple syrup
2 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
1/4 teaspoon salt
1 cup buttermilk

CANDIED WALNUTS

1 tablespoon unsalted butter
1 1/2 cups coarsely chopped walnuts
1 tablespoon maple syrup
1/4 teaspoon salt

FROSTING

2 cups unsalted butter, softened
5 cups confectioner's sugar
1 teaspoon maple flavoring or maple syrup
1/4 to 1/2 cup half-and-half cream
3 tablespoons maple syrup, divided

Preparation Time: 45 minutes

Bake: 15 minutes

Preheat the oven to 350 degrees.

Line the bottoms of three greased nine-inch round baking pans with parchment paper. Grease the paper.

In a large bowl, cream the butter and brown sugar until blended. Add the eggs, one at a time, beating well after each addition. Beat in the maple flavoring.

In another bowl, whisk the flour, baking powder, baking soda and salt. Add to the creamed mixture alternately with buttermilk, beating well after each addition.

Transfer to the prepared pans. Bake for 11 to 13 minutes or until a toothpick inserted in the center comes out clean. Cool in the pans for 10 minutes. Remove to wire racks. Cool completely.

For the candied walnuts: In a large heavy skillet, melt the butter. Add the walnuts; cook and stir over medium heat until the nuts are toasted, about 5 minutes. Stir in the maple syrup and salt. Cook and stir for 1 minute longer. Spread on the foil to cool completely.

For the frosting: In a large bowl, beat the butter until light and fluffy. Beat in the confectioner's sugar, maple flavoring, salt and enough cream to reach the desired consistency.

Place one cake layer on a serving plate and spread with one cup of frosting. Sprinkle with one-half cup of candied walnuts and drizzle with one tablespoon of maple syrup. Repeat the layers. Top with the remaining layer. Frost the top and sides of the cake. Top with the remaining walnuts and syrup.

MAKE AHEAD!

Wrap each layer tightly in plastic wrap, then foil. Stick them in the freezer. Thaw cakes in the refrigerator overnight.

Per Serving (excluding unknown items): 574 Calories; 31g Fat (47.3% calories from fat); 4g Protein; 74g Carbohydrate; trace Dietary Fiber; 120mg Cholesterol; 251mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 6 Fat; 4 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	574	Vitamin B6 (mg):	trace
% Calories from Fat:	47.3%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	50.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	2.5%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	31g	Folacin (mcg):	31mcg
Saturated Fat (g):	19g	Niacin (mg):	1mg
Monounsaturated Fat (g):	9g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	120mg	% Refuse:	0 0%
Carbohydrate (g):	74g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	1
Protein (g):	4g	Lean Meat:	0
Sodium (mg):	251mg	Vegetable:	0
Potassium (mg):	144mg	Fruit:	0
Calcium (mg):	74mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	6
Zinc (mg):	trace	Other Carbohydrates:	4
Vitamin C (mg):	trace		
Vitamin A (i.u.):	1162IU		
Vitamin A (r.e.):	288RE		

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories 574 **Calories from Fat:** 271

% Daily Values*

Total Fat 31g	47%
Saturated Fat 19g	94%
Cholesterol 120mg	40%
Sodium 251mg	10%
Total Carbohydrates 74g	25%
Dietary Fiber trace	2%
Protein 4g	
Vitamin A	23%
Vitamin C	0%
Calcium	7%
Iron	8%

** Percent Daily Values are based on a 2000 calorie diet.*