

# Coffee Spongecake

*What's Cooking II*

*North American Institute of Modern Cuisine*

## **Yield: 1 spongecake**

*5 eggs*

*3/4 cup sugar*

*1 cup all-purpose flour*

*1/2 teaspoon baking powder*

*3 tablespoons butter, melted*

*2 tablespoons instant coffee*

Preheat the oven to 350 degrees.

Butter and flour a 9-inch springform cake pan. Set aside.

Place a stainless steel bowl over a saucepan filled with simmering hot water. In a bowl, beat the eggs and sugar for 5 minutes or until the mixture thickens. Off heat, continue beating until the mixture cools slightly. Set aside.

In a second bowl, sift the flour and baking powder. Fold into the beaten egg mixture.

With a spatula or whisk, gently fold in the melted butter and instant coffee. Pour the batter into the cake pan.

Bake in the oven for 25 to 35 minutes. Remove from the oven. Detach the cake from the pan by running a small knife around the sides. Let cool for 5 minutes. Undo the cake pan. Turn out the cake onto a wire rack or cookie sheet sprinkled with sugar. Let stand until cold.

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Per Serving (excluding unknown items): 1712 Calories; 61g Fat (31.8% calories from fat); 45g Protein; 248g Carbohydrate; 3g Dietary Fiber; 1153mg Cholesterol; 950mg Sodium. Exchanges: 6 1/2 Grain(Starch); 4 Lean Meat; 9 Fat; 10 Other Carbohydrates.

Desserts, Information

**Per Serving Nutritional Analysis**

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% Calories from Fat:	31.8%
% Calories from Carbohydrates:	57.8%
% Calories from Protein:	10.4%
Total Fat (g):	61g
Saturated Fat (g):	29g
Monounsaturated Fat (g):	20g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	1153mg
Carbohydrate (g):	248g
Dietary Fiber (g):	3g
Protein (g):	45g
Sodium (mg):	950mg
Potassium (mg):	494mg
Calcium (mg):	296mg
Iron (mg):	11mg
Zinc (mg):	4mg
Vitamin C (mg):	0mg
Vitamin A (i.u.):	2520IU
Vitamin A (r.e.):	672RE

Vitamin B12 (mcg):	3.3mcg
Thiamin B1 (mg):	1.2mg
Riboflavin B2 (mg):	1.8mg
Folacin (mcg):	314mcg
Niacin (mg):	8mg
Caffeine (mg):	9mg
Alcohol (kcal):	0
% Refuse:	0.0%

### Food Exchanges

Grain (Starch):	6 1/2
Lean Meat:	4
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	9
Other Carbohydrates:	10

## Nutrition Facts

### Amount Per Serving

Calories 1712      Calories from Fat: 544

### % Daily Values\*

<b>Total Fat</b> 61g	93%
Saturated Fat 29g	147%
<b>Cholesterol</b> 1153mg	384%
<b>Sodium</b> 950mg	40%
<b>Total Carbohydrates</b> 248g	83%
Dietary Fiber 3g	13%
<b>Protein</b> 45g	
<b>Vitamin A</b>	50%
<b>Vitamin C</b>	0%
<b>Calcium</b>	30%
<b>Iron</b>	60%

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