

Layered Orange Sponge Cake

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Servings: 12

8 eggs, separated
1 1/3 cups sugar, divided
1/2 cup orange juice
3 tablespoons grated orange peel
1 cup + 2 tablespoons flour, sifted twice
1/2 teaspoon salt
1/4 teaspoon cream of tartar
FROSTING
1 1/2 cups sugar
6 tablespoons flour
2/3 cup orange juice
3 tablespoons grated orange peel
2 eggs
2 cups whipping cream, whipped
1 cup chopped pecans

Preparation Time: 30 minutes

Bake: 45 minutes

Preheat the oven to 325 degrees.

In a bowl, beat the egg yolks and two-thirds cup of sugar on high until thick and lemon-colored. Add the juice and peel. Fold in the sifted flour.

In another bowl, using clean beaters, beat the whites salt and cream of tartar on medium until soft peaks form. Add the remaining two-thirds cup of sugar. one tablespoon at a time. Beat on high to form soft glossy peaks. Fold one-fourth of the whites into the batter. Fold in the remaining whites.

Spoon into an ungreased ten-inch tube pan. Bake for 45 to 55 minutes or until the top springs back when lightly touched. Immediately invert the pan. Cool in the pan for 1-1/2 hours.

In a saucepan, whisk the sugar, flour, juice and peel. Cook and stir over medium heat until thickened. Reduce the heat to low. Cook and stir for 2 minutes. Remove from the heat.

Slowly whisk one-half cup of the hot mixture into the eggs. Return to the pan, whisking constantly. Bring to a gentle boil. Cook and stir for 2 minutes. Pour into a clean bowl. Cool for 30 minutes. Press plastic wrap onto the surface. Refrigerate.

Fold the whipped cream into the orange mixture.

Cut the cake into three layers and frost. Top with nuts.

Per Serving (excluding unknown items): 513 Calories; 26g Fat (44.2% calories from fat); 9g Protein; 65g Carbohydrate; 1g Dietary Fiber; 231mg Cholesterol; 163mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 4 1/2 Fat; 3 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	513	Vitamin B6 (mg):	.1mg
% Calories from Fat:	44.2%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	49.3%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	6.5%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	26g	Folacin (mcg):	43mcg
Saturated Fat (g):	11g	Niacin (mg):	1mg
Monounsaturated Fat (g):	10g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	231mg	% Refuse:	0.0%
Carbohydrate (g):	65g		
Dietary Fiber (g):	1g	Food Exchanges	
Protein (g):	9g	Grain (Starch):	1
Sodium (mg):	163mg	Lean Meat:	1/2
Potassium (mg):	195mg	Vegetable:	0
Calcium (mg):	62mg	Fruit:	0
Iron (mg):	2mg	Non-Fat Milk:	0
Zinc (mg):	1mg	Fat:	4 1/2
Vitamin C (mg):	16mg	Other Carbohydrates:	3
Vitamin A (i.u.):	860IU		
Vitamin A (r.e.):	240RE		

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 513 Calories from Fat: 227

% Daily Values*

Total Fat 26g	40%
Saturated Fat 11g	55%
Cholesterol 231mg	77%
Sodium 163mg	7%
Total Carbohydrates 65g	22%
Dietary Fiber 1g	5%
Protein 9g	
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Vitamin A	17%
Vitamin C	27%
Calcium	6%
Iron	10%

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