

Nut 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

1 teaspoon vanilla extract

*3/4 cup chopped nuts of your choice
(almonds, hazelnuts, pecans,
pistachios, etc.)*

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. Add the chopped nuts.

With a spatula or whisk, gently fold in the melted butter and vanilla extract. 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.

Per Serving (excluding unknown items): 1724 Calories; 61g Fat (31.7% calories from fat); 45g Protein; 249g Carbohydrate; 3g Dietary Fiber; 1153mg Cholesterol; 949mg Sodium. Exchanges: 6 1/2 Grain(Starch); 4 Lean Meat; 9 Fat; 10 Other Carbohydrates.

Desserts, Information

Calories (kcal): 1724
% Calories from Fat: 31.7%
% Calories from Carbohydrates: 57.9%
% 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): 249g
Dietary Fiber (g): 3g
Protein (g): 45g
Sodium (mg): 949mg
Potassium (mg): 483mg
Calcium (mg): 296mg
Iron (mg): 11mg
Zinc (mg): 4mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 2520IU
Vitamin A (r.e.): 672RE

Vitamin B6 (mg): .4mg
Vitamin B12 (mcg): 3.3mcg
Thiamin B1 (mg): 1.2mg
Riboflavin B2 (mg): 1.8mg
Folacin (mcg): 314mcg
Niacin (mg): 8mg
Caffeine (mg): 0mg
Alcohol (kcal): 13
% Refuse: n n%

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 1724 **Calories from Fat:** 546

% Daily Values*

Total Fat 61g	93%
Saturated Fat 29g	147%
Cholesterol 1153mg	384%
Sodium 949mg	40%
Total Carbohydrates 249g	83%
Dietary Fiber 3g	13%
Protein 45g	
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Vitamin A	50%
Vitamin C	0%
Calcium	30%
Iron	60%

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