

Italian Cream Cake

2 teaspoons cake flour
1/3 cup butter, softened
1 1/4 cups granulated sugar
2 large egg yolks
2 cups cake flour (about 8 ounces)
1 teaspoon baking soda
1/4 teaspoon salt
1 cup low-fat buttermilk
1/4 cup finely chopped pecans, toasted
1 teaspoon coconut extract
1 teaspoon vanilla extract
6 large egg whites

Frosting:

1 tablespoon butter
1/2 cup (5 ounces) 1/3-less-fat cream cheese
3 1/2 cups powdered sugar (420 g)
1 teaspoon vanilla extract

Preheat oven to 350°. (340 degrees for dark pans)

To prepare cake, coat bottoms of 2 (9-inch) round cake pans with cooking spray (do not coat sides of pans). Line bottoms of pans with wax paper. Coat wax paper with cooking spray, and dust with 2 teaspoons flour; set aside.

Place 1/3 cup butter in a large bowl; beat with a mixer at medium speed until creamy. Gradually add granulated sugar, beating well. Add egg yolks, one at a time, beating well after each addition.

Lightly spoon 2 cups flour into dry measuring cups; level with a knife. Combine 2 cups flour, baking soda, and salt; stir well. Add flour mixture and buttermilk alternately to butter mixture, beginning and ending with flour mixture. Stir in pecans, coconut extract, and 1 teaspoon vanilla.

Beat egg whites with a mixer at high speed until stiff peaks form (do not overbeat). Fold egg whites into batter; pour batter into prepared pans. Bake at 350° for 23 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 5 minutes on a wire rack. Loosen cake layers from sides of pans; remove from pans. Remove and discard wax paper. Cool completely.

To prepare frosting, place 1 tablespoon butter and cream cheese in a large bowl; beat with a mixer at high speed until fluffy. Gradually add powdered sugar, beating at low speed until smooth (do not overbeat). Add 1 teaspoon vanilla; beat well.

Place 1 cake layer on a plate; spread with one-third of frosting. Top with other cake layer. Spread remaining frosting over top and sides of cake.

Yield: 16 servings (serving size: 1 slice)

CALORIES 322 (25% from fat); FAT 8.8g (sat 4.6g, mono 2.8g, poly 0.8g); IRON 1.4mg;
CHOLESTEROL 45mg; CALCIUM 33mg; CARBOHYDRATE 56.6g; SODIUM 221mg; PROTEIN 4.7g;
FIBER 0.5g

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