

frank and louie's butter cake nutrition facts

frank and louie's butter cake nutrition facts provide essential insights into the nutritional composition of this popular dessert, well-known for its rich, buttery flavor and moist texture. Understanding these nutrition facts is crucial for consumers who want to enjoy the cake while maintaining a balanced diet. This article delves into the detailed breakdown of calories, macronutrients, vitamins, and minerals found in frank and louie's butter cake. Additionally, it explores the ingredients contributing to its nutrition, potential health implications, and tips for mindful consumption. By examining the nutritional profile, readers can make informed decisions about incorporating this indulgent treat into their dietary regimen. Below is an organized overview of the main topics covered in this comprehensive guide to frank and louie's butter cake nutrition facts.

- Caloric Content and Macronutrient Breakdown
- Ingredients and Their Nutritional Contributions
- Vitamins and Minerals in Frank and Louie's Butter Cake
- Health Considerations and Dietary Tips
- Comparisons with Other Popular Butter Cakes

Caloric Content and Macronutrient Breakdown

Understanding the caloric content and macronutrient profile of frank and louie's butter cake nutrition facts is essential for assessing its impact on daily energy intake. The cake is typically dense and rich, contributing a significant number of calories per serving. The primary macronutrients include fats, carbohydrates, and proteins, each playing a distinct role in the overall nutritional value.

Caloric Content

A typical slice of frank and louie's butter cake contains approximately 350 to 450 calories, depending on the portion size. These calories largely originate from fats and carbohydrates, making it a calorie-dense dessert option. Consumers monitoring caloric intake should consider portion control when enjoying this cake.

Macronutrient Breakdown

The macronutrient composition of this butter cake is characterized by a high fat content, moderate carbohydrates, and a small amount of protein. On average, a serving includes:

- **Fats:** 18-25 grams, primarily saturated fats derived from butter and other dairy ingredients.
- **Carbohydrates:** 40-50 grams, mainly from sugars and flour.
- **Proteins:** 4-6 grams, contributed by eggs and milk components.

This macronutrient distribution emphasizes the cake's richness and energy density, common in traditional butter cake recipes.

Ingredients and Their Nutritional Contributions

The nutritional profile of frank and louie's butter cake nutrition facts is heavily influenced by its core ingredients. Each element contributes specific nutrients that define the cake's flavor, texture, and health impact.

Butter

Butter is the key ingredient responsible for the cake's moistness and rich taste. It contributes a significant amount of saturated fat and calories. Additionally, butter provides fat-soluble vitamins such as vitamin A and small amounts of vitamin E.

Flour

All-purpose flour serves as the primary carbohydrate source in the cake. It offers energy through starch and contains trace amounts of protein and fiber. The refinement process of the flour reduces its micronutrient content compared to whole grain alternatives.

Sugar

Sugar is integral to the cake's sweetness and texture. It adds simple carbohydrates without contributing fats or proteins. Excessive sugar intake, however, may have health implications if consumed in large quantities regularly.

Eggs and Dairy

Eggs provide protein, essential amino acids, and micronutrients like choline and B vitamins. Milk or cream, often included in the recipe, supplies additional protein, calcium, and vitamin D, enhancing the cake's nutritional value.

Vitamins and Minerals in Frank and Louie's Butter Cake

While frank and louie's butter cake is primarily an energy-dense dessert, it also contains various vitamins and minerals derived from its ingredients. These micronutrients contribute to overall dietary intake but are generally present in modest amounts.

Vitamin Content

The butter and eggs in the cake supply fat-soluble vitamins such as vitamin A and small quantities of vitamin D. B vitamins like riboflavin and niacin may also be present due to the eggs and flour. These vitamins play crucial roles in metabolism and maintaining healthy skin and vision.

Mineral Content

Calcium and phosphorus are notable minerals found in the cake, mainly from dairy components. Potassium and small traces of iron are also present, contributing to electrolyte balance and oxygen transport in the body, respectively.

Health Considerations and Dietary Tips

Evaluating frank and louie's butter cake nutrition facts in the context of overall health is important for making balanced dietary choices. While the cake is a delicious treat, its high calorie, fat, and sugar content necessitate mindful consumption.

Moderation and Portion Control

Due to its richness, consuming frank and louie's butter cake in moderation helps prevent excessive calorie intake that could lead to weight gain or other metabolic concerns. Portion control is an effective strategy to enjoy the cake without compromising dietary goals.

Balancing with Nutrient-Dense Foods

Pairing the cake with nutrient-dense foods such as fruits, vegetables, and lean proteins can help balance the meal and ensure adequate intake of essential nutrients. This approach supports overall nutritional adequacy while allowing occasional indulgence.

Considerations for Special Diets

Individuals with specific dietary restrictions, such as those managing cholesterol or diabetes, should be cautious with frank and louie's butter cake due to its saturated fat and sugar content. Consulting with a healthcare professional or dietitian is recommended for personalized advice.

Comparisons with Other Popular Butter Cakes

Comparing frank and louie's butter cake nutrition facts with other well-known butter cakes highlights its unique attributes and nutritional variations. Such comparisons help consumers make informed choices based on taste preferences and dietary needs.

Nutritional Differences

Compared to other butter cakes, frank and louie's version may have slightly higher fat content due to its traditional recipe emphasizing butter richness. Carbohydrate levels are generally similar across butter cake varieties, while protein content remains modest.

Taste and Texture Considerations

The distinct buttery flavor and moist crumb of frank and louie's butter cake often result from higher butter usage and specific baking techniques. These factors influence not only taste but also the cake's nutritional density.

- Higher saturated fat content compared to lighter cakes
- Caloric density varies with portion size and recipe adjustments
- Similar carbohydrate levels but differing sugar concentrations

Understanding these differences allows consumers to select butter cakes that align with their nutritional

priorities and taste preferences.

Frequently Asked Questions

What are the main ingredients in Frank and Louie's Butter Cake?

Frank and Louie's Butter Cake primarily contains butter, sugar, eggs, flour, and vanilla extract, which contribute to its rich and moist texture.

How many calories are in one serving of Frank and Louie's Butter Cake?

One serving of Frank and Louie's Butter Cake contains approximately 320 calories.

What is the fat content in Frank and Louie's Butter Cake?

One serving of Frank and Louie's Butter Cake has about 18 grams of fat, including saturated fats.

Does Frank and Louie's Butter Cake contain any cholesterol?

Yes, Frank and Louie's Butter Cake contains around 60 milligrams of cholesterol per serving, mainly due to the butter and eggs.

How much sugar is in Frank and Louie's Butter Cake?

A serving of Frank and Louie's Butter Cake contains approximately 25 grams of sugar.

Is Frank and Louie's Butter Cake gluten-free?

No, Frank and Louie's Butter Cake is not gluten-free as it contains wheat flour.

What is the protein content of Frank and Louie's Butter Cake?

Each serving of Frank and Louie's Butter Cake provides about 4 grams of protein.

Are there any preservatives or artificial additives in Frank and Louie's Butter Cake?

Frank and Louie's Butter Cake is made with natural ingredients and does not contain preservatives or artificial additives.

Is Frank and Louie's Butter Cake suitable for people with nut allergies?

Frank and Louie's Butter Cake does not contain nuts as an ingredient, but it is recommended to check packaging for potential cross-contamination warnings.

Additional Resources

1. *The Sweet Science of Butter Cakes*

This book delves into the nutritional composition of butter cakes, including popular varieties like Frank and Louie's Butter Cake. It breaks down the macronutrients, calorie content, and ingredient impacts on health. Readers will gain insights into balancing indulgence with nutrition.

2. *Decoding Dessert Nutrition: A Guide to Butter Cakes*

Focused on understanding the nutritional facts behind traditional butter cakes, this guide offers detailed information on sugar, fat, and protein content. It also explores how different ingredients affect the overall health profile of cakes such as Frank and Louie's Butter Cake.

3. *Butter Cakes and Balanced Diets*

This book explores how to incorporate beloved butter cakes into a healthy diet without overindulgence. It includes nutritional analyses and tips for moderation, using Frank and Louie's Butter Cake as a case study to illustrate calorie and fat content.

4. *The Nutritional Breakdown of Classic Desserts*

Highlighting classic desserts like Frank and Louie's Butter Cake, this book provides comprehensive nutrition facts and compares them to other sweets. It educates readers on making informed choices when enjoying their favorite treats.

5. *Understanding Ingredients: Butter Cake Edition*

Focusing on the individual ingredients in butter cakes, this book explains how each contributes to the final nutritional profile. It uses Frank and Louie's Butter Cake as an example to illustrate the roles of butter, sugar, flour, and eggs in nutrition.

6. *Calories, Carbs, and Cakes: What You Need to Know*

This book offers an easy-to-understand overview of the calorie and carbohydrate content in butter cakes like Frank and Louie's. It helps readers grasp the impact of these desserts on blood sugar and weight management.

7. *Dessert Nutrition Facts Handbook*

A comprehensive reference book that lists nutrition facts for various desserts, including Frank and Louie's Butter Cake. It provides detailed charts and explanations to help consumers make healthier dessert choices.

8. *From Oven to Table: The Nutritional Journey of Butter Cakes*

This book tracks the nutritional changes butter cakes undergo from baking to serving. Using Frank and Louie's Butter Cake as a focal point, it discusses portion sizes, ingredient substitutions, and their effects on nutrition.

9. Healthy Indulgence: Enjoying Butter Cakes Wisely

Combining nutrition science with practical advice, this book teaches readers how to enjoy butter cakes like Frank and Louie's without compromising health goals. It includes recipes, portion control strategies, and nutritional facts to promote mindful eating.

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