



Almond Cake with Berries



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



216 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon almond extract
- ☐ 1 cup almonds with skins; 3 1/2 oz) sliced
- ☐ 9 oz blackberries
- ☐ 8 servings butter for greasing pan
- ☐ 8 servings garnish: confectioners sugar
- ☐ 2 large egg whites
- ☐ 4 large egg yolks
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 4.5 oz raspberries
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.8 teaspoon vanilla
- ☐ 0.3 cup water
- ☐ 3 tablespoons milk whole

Equipment

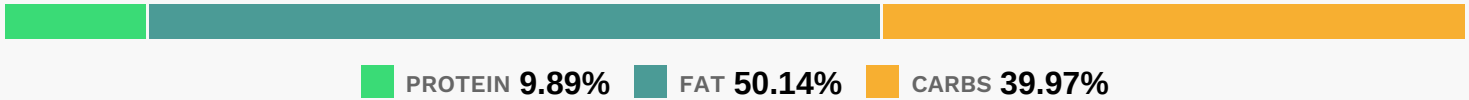
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ cake form
- ☐ skewers

Directions

- ☐ Put oven rack in middle position and preheat oven to 400°F. Generously butter a 9- by 2 inch round cake pan and dust with flour, knocking out excess.
- ☐ Pulse almonds with 1/3 cup sugar in a food processor until finely ground.
- ☐ Transfer almond sugar to a large bowl and add yolks, flour (1/2 cup), milk, vanilla, and salt, whisking until combined (batter will be thick).
- ☐ Beat whites with a pinch of salt in a bowl using an electric mixer at medium-high speed until they just hold soft peaks.
- ☐ Add remaining 1/3 cup sugar, a little at a time, beating at medium speed, then beat at high speed until whites hold stiff, glossy peaks.
- ☐ Fold about one third of whites into batter to lighten, then fold in remaining whites gently but thoroughly.

- ☐
- Pour batter into cake pan and bake until cake is springy to the touch and a wooden pick or skewer inserted in center comes out clean, 18 to 20 minutes. Cool cake in pan on a rack 5 minutes, then invert onto rack and cool 10 minutes.
- ☐
- Bring water and sugar to a boil in a 1-quart heavy saucepan, stirring until sugar is dissolved. Cool syrup 20 minutes, then stir in lemon juice and almond extract. Gently stir in berries.
- ☐
- Arrange cake, right side up, on a plate and spoon berries over top, then slowly pour fruit syrup evenly over cake. Dust with confectioners sugar if desired.

Nutrition Facts



Properties

Glycemic Index:27.39, Glycemic Load:5.14, Inflammation Score:-5, Nutrition Score:9.0673912608105%

Flavonoids

Cyanidin: 39.46mg, Cyanidin: 39.46mg, Cyanidin: 39.46mg, Cyanidin: 39.46mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.3mg, Pelargonidin: 0.3mg, Pelargonidin: 0.3mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 12.18mg, Catechin: 12.18mg, Catechin: 12.18mg, Catechin: 12.18mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 216.33kcal (10.82%), Fat: 12.52g (19.27%), Saturated Fat: 3.93g (24.57%), Carbohydrates: 22.47g (7.49%), Net Carbohydrates: 18.3g (6.66%), Sugar: 17.31g (19.23%), Cholesterol: 103.22mg (34.41%), Sodium: 126.1mg (5.48%), Alcohol: 0.15g (100%), Alcohol %: 0.17% (100%), Protein: 5.56g (11.11%), Manganese: 0.58mg (29.17%), Vitamin E: 3.8mg (25.31%), Fiber: 4.17g (16.68%), Vitamin B2: 0.24mg (14.08%), Vitamin C: 11.6mg (14.06%), Phosphorus: 108.4mg (10.84%), Magnesium: 43.31mg (10.83%), Selenium: 7.29µg (10.41%), Copper: 0.2mg (9.86%), Vitamin K: 7.99µg (7.6%), Folate: 29.65µg (7.41%), Vitamin A: 330.37IU (6.61%), Calcium: 64.48mg (6.45%), Potassium: 195.27mg (5.58%), Zinc: 0.82mg (5.5%), Iron: 0.98mg (5.47%), Vitamin B5: 0.49mg (4.93%), Vitamin B3: 0.74mg

(3.7%), Vitamin B1: 0.05mg (3.62%), Vitamin B12: 0.21µg (3.53%), Vitamin D: 0.52µg (3.47%), Vitamin B6: 0.07mg (3.44%)