

# Berry Berry Cake

 Vegetarian

READY IN



95 min.

SERVINGS



12

CALORIES



142 kcal

DESSERT

## Ingredients

- 0.5 teaspoon baking soda
- 2 egg whites
- 1.5 cups cool whip thawed
- 0.3 cup cream fat free sour
- 1 cup flour
- 2 teaspoons lemon zest
- 3 cups blueberries mixed fresh divided
- 0.8 cup sugar divided

0.3 cup cream cheese softened

## Equipment

bowl

frying pan

oven

knife

blender

toothpicks

springform pan

## Directions

Heat oven to 350 degrees F.

Beat reduced-fat cream cheese and 1/2 cup sugar in large bowl with mixer until well blended.

Add egg whites and zest; mix well.

Mix 1 cup flour and baking soda.

Add to cream cheese mixture alternately with sour cream, beating well after each addition.  
(Do not overmix.)

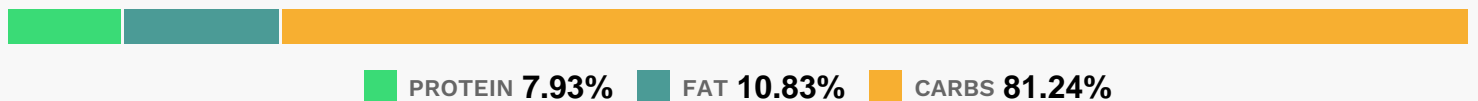
Spread onto bottom and 1 inch up side of 9-inch springform pan sprayed with cooking spray.

Toss 2 cups berries with remaining sugar and flour; spoon over cream cheese mixture in bottom of pan to within 1/2 inch of edge.

Bake 40 to 45 min. or until toothpick inserted in center comes out clean. Run knife around rim of pan to loosen cake; cool before removing rim. Spoon remaining berries over cake.

Serve topped with COOL WHIP. Refrigerate leftovers.

## Nutrition Facts



## Properties

Glycemic Index:15.42, Glycemic Load:16.27, Inflammation Score:-2, Nutrition Score:3.9995651711588%

## Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

## Nutrients (% of daily need)

Calories: 141.98kcal (7.1%), Fat: 1.76g (2.71%), Saturated Fat: 0.9g (5.64%), Carbohydrates: 29.74g (9.91%), Net Carbohydrates: 28.49g (10.36%), Sugar: 18.15g (20.17%), Cholesterol: 5.68mg (1.89%), Sodium: 94.32mg (4.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.8%), Vitamin B2: 0.17mg (10.07%), Manganese: 0.2mg (9.86%), Selenium: 5.53µg (7.9%), Vitamin B1: 0.12mg (7.66%), Vitamin K: 7.27µg (6.93%), Folate: 25.09µg (6.27%), Fiber: 1.24g (4.97%), Vitamin C: 4.02mg (4.87%), Vitamin B3: 0.82mg (4.12%), Phosphorus: 39.06mg (3.91%), Vitamin B12: 0.22µg (3.73%), Iron: 0.61mg (3.41%), Calcium: 32.68mg (3.27%), Potassium: 83.4mg (2.38%), Copper: 0.04mg (2.17%), Vitamin B6: 0.04mg (2.02%), Vitamin A: 89.64IU (1.79%), Magnesium: 7.03mg (1.76%), Vitamin E: 0.24mg (1.63%), Vitamin B5: 0.16mg (1.58%), Zinc: 0.23mg (1.56%)