



Berry-lemon Cake

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



176 kcal

DESSERT

Ingredients

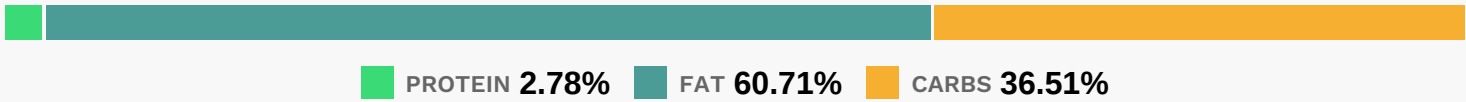
- ☐ 16 servings poached berries fresh
- ☐ 0.3 cup garnish: blackberry jam
- ☐ 1 cup purchased lemon curd
- ☐ 1 tablespoon lemon zest grated
- ☐ 0.3 cup sugar
- ☐ 2 cups whipping cream chilled

Equipment

Directions

- ☐
- Beat whipping cream and sugar until soft peaks form; gently fold in lemon peel.
- ☐
- Spread the bottom layer of the cake with jam, then with lemon curd. Top with second cake layer. Frost with the lemon whipped cream. Mound the top of the cake generously with fresh berries of your choice.

Nutrition Facts



Properties

Glycemic Index:7.82, Glycemic Load:4.16, Inflammation Score:-3, Nutrition Score:1.4065217531246%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 175.96kcal (8.8%), Fat: 12.06g (18.55%), Saturated Fat: 7.68g (47.98%), Carbohydrates: 16.32g (5.44%), Net Carbohydrates: 16.16g (5.88%), Sugar: 15.14g (16.82%), Cholesterol: 33.62mg (11.21%), Sodium: 52.17mg (2.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.48%), Vitamin A: 437.97IU (8.76%), Vitamin B2: 0.06mg (3.6%), Vitamin D: 0.48µg (3.17%), Calcium: 21.31mg (2.13%), Vitamin E: 0.29mg (1.91%), Phosphorus: 18.42mg (1.84%), Selenium: 1.02µg (1.46%), Vitamin C: 1.15mg (1.4%), Vitamin K: 1.12µg (1.06%)