



Berry Pudding Cake

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



299 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 2 cups blueberries fresh rinsed
- 4 large eggs
- 1 cup flour all-purpose
- 1.3 cups granulated sugar
- 1 tablespoon olive oil
- 1 tablespoon orange zest grated
- 8 servings powdered sugar

- 2 cups raspberries fresh rinsed
- 0.3 teaspoon salt
- 1 teaspoon vanilla

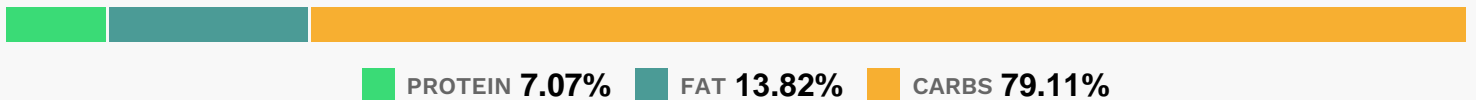
Equipment

- bowl
- oven
- whisk
- baking pan

Directions

- In a 9- by 13-inch baking dish, mix blueberries and raspberries with 1/4 cup granulated sugar.
- Spread level.
- In a bowl, whisk eggs, olive oil, orange peel, vanilla, and remaining 1 cup granulated sugar. Stir in flour, baking powder, and salt until just combined.
- Pour batter evenly over berry mixture and gently spread to cover berries.
- Bake cake in a 350 regular or convection oven until top springs back slightly when gently pressed in the center, 28 to 35 minutes.
- Let cool at least 10 minutes; serve warm or cool.
- Sprinkle with powdered sugar just before serving, and scoop portions onto plates.

Nutrition Facts



Properties

Glycemic Index:37.89, Glycemic Load:32.78, Inflammation Score:-4, Nutrition Score:8.2356521357661%

Flavonoids

Cyanidin: 16.86mg, Cyanidin: 16.86mg, Cyanidin: 16.86mg, Cyanidin: 16.86mg Petunidin: 11.76mg, Petunidin: 11.76mg, Petunidin: 11.76mg, Petunidin: 11.76mg Delphinidin: 13.51mg, Delphinidin: 13.51mg, Delphinidin: 13.51mg, Delphinidin: 13.51mg Malvidin: 25.05mg, Malvidin: 25.05mg, Malvidin: 25.05mg, Malvidin: 25.05mg Pelargonidin: 0.29mg,

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Nutrients (% of daily need)

Calories: 298.65kcal (14.93%), Fat: 4.7g (7.23%), Saturated Fat: 1.06g (6.65%), Carbohydrates: 60.54g (20.18%), Net Carbohydrates: 57.2g (20.8%), Sugar: 44.22g (49.13%), Cholesterol: 93mg (31%), Sodium: 162.73mg (7.08%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 5.41g (10.82%), Manganese: 0.44mg (22.09%), Selenium: 13.31µg (19.02%), Vitamin C: 12.47mg (15.11%), Fiber: 3.34g (13.36%), Vitamin B2: 0.23mg (13.33%), Folate: 49.09µg (12.27%), Vitamin B1: 0.16mg (10.46%), Vitamin K: 10.66µg (10.15%), Phosphorus: 90.66mg (9.07%), Iron: 1.57mg (8.7%), Vitamin E: 1mg (6.65%), Vitamin B3: 1.28mg (6.42%), Vitamin B5: 0.6mg (6%), Calcium: 57.16mg (5.72%), Copper: 0.09mg (4.62%), Vitamin B6: 0.09mg (4.33%), Zinc: 0.62mg (4.16%), Magnesium: 15.62mg (3.9%), Vitamin B12: 0.22µg (3.71%), Potassium: 128.26mg (3.66%), Vitamin A: 168.03IU (3.36%), Vitamin D: 0.5µg (3.33%)