

Berry Tiramisu Cake

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



446 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 4 cups poached berries fresh assorted
- 0.3 cup canola oil
- 0.5 cup powdered sugar
- 2 teaspoons cornstarch
- 8 ounces cream cheese softened
- 4 eggs separated
- 1.5 cups flour all-purpose

- 2 cups cup heavy whipping cream
- 1 tablespoon juice of lemon
- 0.5 teaspoon salt
- 1 cup sugar divided
- 0.5 cup water

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- wire rack
- springform pan

Directions

- In a large bowl, combine the berries, sugar and lemon juice. Cover and refrigerate for 1 hour. Gently press berries; drain, reserving juice. Set berries aside.
- In a large saucepan, combine cornstarch and reserved juice until smooth. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Cool completely.
- In a large bowl, combine the flour, 1 cup sugar, baking powder and salt.
- Whisk egg yolks, water and oil; add to dry ingredients, beating until smooth.
- In another bowl, beat egg whites on medium speed until soft peaks form. Gradually add remaining sugar, beating on high until stiff peaks form; fold into batter.
- Spread into an ungreased 9-in. springform pan.
- Bake at 325° for 30-38 minutes or until cake springs back when lightly touched. Cool for 10 minutes; remove from pan and cool on a wire rack. Meanwhile, in a large bowl, beat cream cheese and confectioners' sugar until smooth. Fold in whipped cream; set aside.
- Cut cake horizontally into three layers.

- Place bottom layer on a serving plate; spread with a third of the filling. Top with a third of the berries; drizzle with 1/4 cup berry syrup. Repeat layers twice, drizzling with remaining syrup. Refrigerate for at least 2 hours before serving.

Nutrition Facts

PROTEIN 5.25% **FAT 57.27%** **CARBS 37.48%**

Properties

Glycemic Index:22.01, Glycemic Load:20.71, Inflammation Score:-6, Nutrition Score:8.2326085878455%

Flavonoids

Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg Petunidin: 9.38mg, Petunidin: 9.38mg, Petunidin: 9.38mg, Petunidin: 9.38mg Delphinidin: 11.15mg, Delphinidin: 11.15mg, Delphinidin: 11.15mg, Delphinidin: 11.15mg Malvidin: 25.65mg, Malvidin: 25.65mg, Malvidin: 25.65mg, Malvidin: 25.65mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 445.73kcal (22.29%), Fat: 28.98g (44.58%), Saturated Fat: 13.91g (86.94%), Carbohydrates: 42.67g (14.22%), Net Carbohydrates: 40.84g (14.85%), Sugar: 27.89g (30.98%), Cholesterol: 118.47mg (39.49%), Sodium: 260.07mg (11.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.97g (11.95%), Vitamin A: 939.96IU (18.8%), Selenium: 12.81µg (18.3%), Vitamin B2: 0.29mg (16.8%), Vitamin K: 14.67µg (13.97%), Vitamin E: 2.03mg (13.53%), Phosphorus: 109.58mg (10.96%), Folate: 42.64µg (10.66%), Vitamin B1: 0.16mg (10.51%), Calcium: 99.03mg (9.9%), Manganese: 0.19mg (9.53%), Fiber: 1.83g (7.3%), Iron: 1.22mg (6.8%), Vitamin B3: 1.25mg (6.23%), Vitamin D: 0.93µg (6.19%), Vitamin B5: 0.57mg (5.68%), Vitamin B6: 0.09mg (4.37%), Vitamin B12: 0.24µg (3.93%), Potassium: 129.37mg (3.7%), Zinc: 0.53mg (3.52%), Magnesium: 12.62mg (3.16%), Copper: 0.06mg (3.07%), Vitamin C: 2.01mg (2.44%)