



Blackberry Buttermilk Cake

READY IN



45 min.

SERVINGS



10

CALORIES



298 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 10 ounces blackberries fresh
- ☐ 1 cup buttermilk well-shaken
- ☐ 2.3 cups cake flour plus more for pan sifted (, then measured)
- ☐ 3 large eggs room temperature
- ☐ 1.5 teaspoons orange zest finely grated
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup sugar

- ☐ 0.8 cup butter unsalted plus more for pan and parchment room temperature ()
- ☐ 2 teaspoons vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Position a rack in middle of oven and preheat to 350°. Butter pan; line bottom with a round of parchment paper. Butterparchment. Dust with flour; tap out excess. Arrange berries in a single layer in bottom of pan; sprinkle evenly with 1/4 cup sugar.
- ☐ Sift 2 1/3 cups flour, baking powder, salt, and baking soda into a medium bowl; set aside. Using an electric mixer, beat 3/4 cup butter and remaining 1 1/3 cups sugar in a large bowl at medium-high speed, occasionally scraping down sides of bowl, until pale and fluffy, about 2 minutes.
- ☐ Add eggs, one at a time, beating well after each addition. Beat in vanilla and zest. Reduce speed to low; beat in flour mixture in 3 additions, alternating with buttermilk in 2 additions, beginning and ending with flour mixture and beating just until incorporated.
- ☐ Pour batter over berries in pan; smooth top.
- ☐ Bake until cake is golden brown and a tester inserted into the center comes out clean, about 1 hour 25 minutes.
- ☐ Let cool in pan set on a wire rack for 15 minutes, then run a thin, sharp knife around edge of pan to loosen.
- ☐ Remove pan sides. Invert cake onto rack and remove pan bottom; peel off parchment. Dust top generously with powdered sugar and let cool completely.

Nutrition Facts



Properties

Glycemic Index:28.51, Glycemic Load:18.02, Inflammation Score:-5, Nutrition Score:7.3817390877268%

Flavonoids

Cyanidin: 28.34mg, Cyanidin: 28.34mg, Cyanidin: 28.34mg, Cyanidin: 28.34mg Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 10.51mg, Catechin: 10.51mg, Catechin: 10.51mg, Catechin: 10.51mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 298.04kcal (14.9%), Fat: 16.67g (25.65%), Saturated Fat: 9.75g (60.91%), Carbohydrates: 30.49g (10.16%), Net Carbohydrates: 28.26g (10.27%), Sugar: 7.8g (8.67%), Cholesterol: 95.04mg (31.68%), Sodium: 342.1mg (14.87%), Alcohol: 0.28g (100%), Alcohol %: 0.29% (100%), Protein: 6.7g (13.4%), Selenium: 17.39µg (24.84%), Manganese: 0.42mg (21.13%), Vitamin A: 608.57IU (12.17%), Phosphorus: 101.97mg (10.2%), Fiber: 2.24g (8.94%), Calcium: 88.67mg (8.87%), Vitamin B2: 0.14mg (8.38%), Vitamin C: 6.36mg (7.71%), Vitamin E: 1.02mg (6.79%), Vitamin K: 7.01µg (6.68%), Folate: 25.56µg (6.39%), Copper: 0.12mg (6.04%), Vitamin D: 0.87µg (5.78%), Vitamin B5: 0.55mg (5.48%), Zinc: 0.7mg (4.67%), Vitamin B12: 0.27µg (4.55%), Magnesium: 17.83mg (4.46%), Iron: 0.78mg (4.36%), Potassium: 134.35mg (3.84%), Vitamin B1: 0.05mg (3.17%), Vitamin B6: 0.05mg (2.73%), Vitamin B3: 0.52mg (2.6%)