

# Blackberry Cake

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



522 kcal

DESSERT

## Ingredients

- 1 tablespoon baking soda
- 30 ounce blackberries undrained canned
- 1 cup butter softened
- 3 tablespoons cocoa
- 4 eggs
- 0.5 cup flour all-purpose
- 2.5 cups flour all-purpose
- 1 teaspoon ground allspice

- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 2 cups sugar
- 1 teaspoon vanilla extract

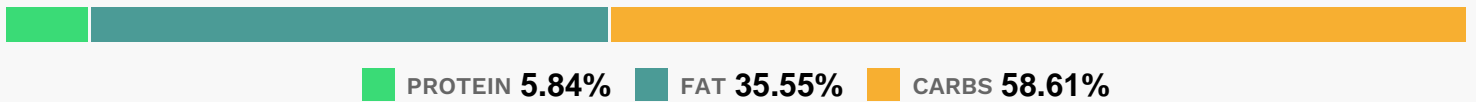
## Equipment

- oven
- mixing bowl

## Directions

- Drain blackberries, reserving 1/2 cup juice. Dredge blackberries in 1/2 cup flour.
- Combine butter and sugar in a large mixing bowl, beating well.
- Add eggs, one at a time, beating well after each addition.
- Combine 1/2 cups flour, cocoa, soda, and spices; add to creamed mixture alternately with blackberry juice, beginning and ending with flour mixture. Beat well after each addition. Stir in blackberries and vanilla.
- Pour batter into 3 greased and floured 9 - inch round cake pans.
- Bake at 350 for 30 to 35 minutes or until wooden pick inserted in center comes out clean. Cool in pans 10 minutes; remove layers from pans, and let cool completely.
- Spread Caramel Cream Frosting between layers and on top and sides of cake.

## Nutrition Facts



## Properties

Glycemic Index:26.51, Glycemic Load:49.56, Inflammation Score:-8, Nutrition Score:14.800434765608%

## Flavonoids

Cyanidin: 85.01mg, Cyanidin: 85.01mg, Cyanidin: 85.01mg, Cyanidin: 85.01mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 32.49mg, Catechin: 32.49mg, Catechin: 32.49mg, Catechin: 32.49mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 6.91mg,

Epicatechin: 6.91mg, Epicatechin: 6.91mg, Epicatechin: 6.91mg Epigallocatechin 3-gallate: 0.58mg,  
Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg  
Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.57mg, Myricetin:  
0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin:  
3.19mg

## **Nutrients (% of daily need)**

Calories: 521.59kcal (26.08%), Fat: 21.11g (32.48%), Saturated Fat: 4.55g (28.42%), Carbohydrates: 78.32g (26.11%),  
Net Carbohydrates: 72.02g (26.19%), Sugar: 44.32g (49.25%), Cholesterol: 65.47mg (21.82%), Sodium: 570.45mg  
(24.8%), Alcohol: 0.14g (100%), Alcohol %: 0.08% (100%), Caffeine: 3.45mg (1.15%), Protein: 7.8g (15.61%),  
Manganese: 1.03mg (51.56%), Selenium: 18.94µg (27.06%), Fiber: 6.29g (25.17%), Folate: 99µg (24.75%), Vitamin A:  
1091.01IU (21.82%), Vitamin C: 17.99mg (21.81%), Vitamin B1: 0.32mg (21.5%), Vitamin B2: 0.31mg (18.14%), Vitamin K:  
17.39µg (16.56%), Iron: 2.86mg (15.88%), Vitamin B3: 2.83mg (14.14%), Copper: 0.27mg (13.47%), Vitamin E: 1.93mg  
(12.87%), Phosphorus: 110.88mg (11.09%), Magnesium: 36.49mg (9.12%), Zinc: 1.06mg (7.05%), Vitamin B5: 0.69mg  
(6.94%), Potassium: 240.91mg (6.88%), Calcium: 53.91mg (5.39%), Vitamin B6: 0.08mg (3.87%), Vitamin B12: 0.18µg  
(2.99%), Vitamin D: 0.35µg (2.35%)