



Blackberry Jam Cake

 Vegetarian

READY IN



225 min.

SERVINGS



12

CALORIES



592 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 18 oz garnish: blackberry jam seedless
- ☐ 1 cup butter softened
- ☐ 1 cup buttermilk
- ☐ 4 large eggs at room temperature
- ☐ 3 cups flour all-purpose
- ☐ 2 cups granulated sugar
- ☐ 1 teaspoon ground allspice

- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.8 teaspoon ground cloves
- ☐ 1 cup pecans toasted finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Preheat oven to 35
- ☐ Stir together buttermilk and baking soda.
- ☐ Beat butter at medium speed with an electric mixer until creamy. Gradually add granulated sugar, beating until light and fluffy and stopping to scrape bowl as needed.
- ☐ Add eggs, 1 at a time, beating just until blended after each addition. Beat in vanilla.
- ☐ Stir together flour and next 4 ingredients in a large bowl; gradually add to butter mixture alternately with buttermilk mixture, beginning and ending with flour mixture. Beat at low speed just until blended after each addition, stopping to scrape bowl as needed.
- ☐ Add preserves, and beat at low speed just until blended. Stir in pecans. Spoon batter into a greased and floured 10-inch tube pan.
- ☐ Bake at 350 for 1 hour and 5 minutes to 1 hour and 10 minutes or until a long wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes; remove from pan to wire rack, and cool completely (about 2 hours). Dust cake with powdered sugar just before serving, if desired.

Nutrition Facts



 **PROTEIN 4.71%**  **FAT 35.98%**  **CARBS 59.31%**

Properties

Glycemic Index:25.92, Glycemic Load:56.74, Inflammation Score:-5, Nutrition Score:10.454782682916%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg

Nutrients (% of daily need)

Calories: 591.53kcal (29.58%), Fat: 24.01g (36.93%), Saturated Fat: 11.2g (69.98%), Carbohydrates: 89.05g (29.68%), Net Carbohydrates: 86.73g (31.54%), Sugar: 55.4g (61.56%), Cholesterol: 104.87mg (34.96%), Sodium: 369.49mg (16.06%), Alcohol: 0.11g (100%), Alcohol %: 0.08% (100%), Protein: 7.07g (14.15%), Manganese: 0.73mg (36.65%), Selenium: 18.03µg (25.75%), Vitamin B1: 0.32mg (21.6%), Vitamin B2: 0.32mg (18.91%), Folate: 73.19µg (18.3%), Iron: 2.23mg (12.41%), Vitamin A: 602.19IU (12.04%), Phosphorus: 119.72mg (11.97%), Copper: 0.21mg (10.42%), Vitamin B3: 2.01mg (10.03%), Fiber: 2.31g (9.26%), Zinc: 0.94mg (6.26%), Calcium: 60.67mg (6.07%), Magnesium: 23.68mg (5.92%), Vitamin B5: 0.57mg (5.71%), Vitamin E: 0.83mg (5.53%), Vitamin C: 3.91mg (4.74%), Potassium: 159.82mg (4.57%), Vitamin B12: 0.27µg (4.54%), Vitamin D: 0.59µg (3.96%), Vitamin B6: 0.08mg (3.85%), Vitamin K: 2.07µg (1.97%)