



Blackberry Jam Cake

 Vegetarian

READY IN



45 min.

SERVINGS



5

CALORIES



1123 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 cups blackberries fresh
- ☐ 1 cup garnish: blackberry jam
- ☐ 1 cup buttermilk
- ☐ 5 servings crème fraîche
- ☐ 4 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon

- ☐ 1 teaspoon ground ginger
- ☐ 1 teaspoon ground nutmeg
- ☐ 1.3 cups sugar
- ☐ 1 cup butter unsalted softened
- ☐ 1 teaspoon vanilla extract

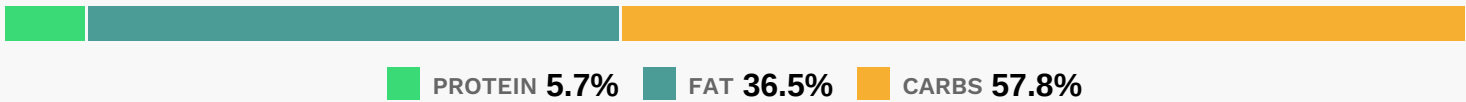
Equipment

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

Directions

- ☐ Beat butter and sugar at medium speed with an electric mixer until fluffy.
- ☐ Add eggs, 1 at a time, beating until blended after each addition. Stir in vanilla.
- ☐ Combine flour and next 4 ingredients; add to butter mixture alternately with buttermilk, beginning and ending with flour mixture. Beat at low speed until blended after each addition. Fold in jam. (Do not overmix.)
- ☐ Pour batter into a greased 10-inch Bundt pan.
- ☐ Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean. Cool in pan on wire rack 20 minutes; remove from pan, and continue cooling.
- ☐ Serve with blackberries and Crme Frache.

Nutrition Facts



Properties

Glycemic Index:66.22, Glycemic Load:103.1, Inflammation Score:-8, Nutrition Score:24.078695753346%

Flavonoids

Cyanidin: 57.57mg, Cyanidin: 57.57mg, Cyanidin: 57.57mg, Cyanidin: 57.57mg Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 21.35mg, Catechin: 21.35mg, Catechin: 21.35mg, Catechin: 21.35mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 1122.77kcal (56.14%), Fat: 45.94g (70.68%), Saturated Fat: 26.94g (168.4%), Carbohydrates: 163.7g (54.57%), Net Carbohydrates: 157.42g (57.24%), Sugar: 89.06g (98.96%), Cholesterol: 258.77mg (86.26%), Sodium: 359.43mg (15.63%), Alcohol: 0.28g (100%), Alcohol %: 0.09% (100%), Protein: 16.14g (32.29%), Selenium: 42.52µg (60.74%), Manganese: 1.18mg (59.02%), Folate: 182.8µg (45.7%), Vitamin B2: 0.75mg (44.09%), Vitamin B1: 0.66mg (43.74%), Vitamin A: 1630.07IU (32.6%), Iron: 5.07mg (28.16%), Fiber: 6.28g (25.14%), Vitamin B3: 4.98mg (24.92%), Phosphorus: 248.56mg (24.86%), Vitamin C: 18.23mg (22.09%), Copper: 0.33mg (16.67%), Vitamin E: 2.37mg (15.78%), Calcium: 149.96mg (15%), Vitamin K: 15.44µg (14.71%), Vitamin D: 2.11µg (14.03%), Vitamin B5: 1.39mg (13.91%), Vitamin B12: 0.68µg (11.32%), Zinc: 1.69mg (11.27%), Magnesium: 44.49mg (11.12%), Potassium: 383.27mg (10.95%), Vitamin B6: 0.16mg (7.99%)