



Blackberry Jam Cake I

READY IN



45 min.

SERVINGS



10

CALORIES



349 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 tablespoon butter softened
- ☐ 1 cup buttermilk
- ☐ 1 cup confectioners' sugar sifted
- ☐ 2 egg yolks
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon

- ☐ 2 tablespoons milk
- ☐ 1 cup blackberry preserves
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 cup sugar white

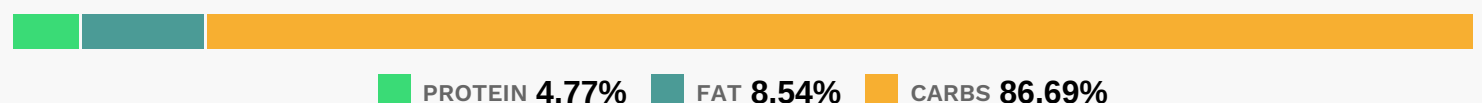
Equipment

- ☐ frying pan
- ☐ oven
- ☐ kugelhopf pan

Directions

- ☐ Combine flour, baking powder, salt, cocoa, cinnamon, and allspice.
- ☐ Dissolve soda in buttermilk, stirring well.
- ☐ Cream butter or margarine and sugar, beating well.
- ☐ Add egg yolks, beating mixture well.
- ☐ Mix flour mixture into the creamed mixture alternately with the buttermilk mixture, beginning and ending with flour mixture. Fold in blackberry jam.
- ☐ Pour batter into a greased and floured 10 inch bundt pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 45 to 50 minutes, or until cake tests done. Cool in pan for 15 minutes.
- ☐ Remove from pan, and cool complete.
- ☐ Combine confectioners' sugar, milk, butter or margarine, and vanilla. Beat until mixture is smooth. Spoon over cooled cake

Nutrition Facts



Properties

Glycemic Index:43.11, Glycemic Load:40.97, Inflammation Score:-2, Nutrition Score:6.0939130770124%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 349.28kcal (17.46%), Fat: 3.34g (5.13%), Saturated Fat: 1.63g (10.18%), Carbohydrates: 76.27g (25.42%), Net Carbohydrates: 75.05g (27.29%), Sugar: 49.62g (55.13%), Cholesterol: 44.89mg (14.96%), Sodium: 317.14mg (13.79%), Alcohol: 0.07g (100%), Alcohol %: 0.07% (100%), Protein: 4.2g (8.39%), Selenium: 12.35µg (17.64%), Vitamin B1: 0.22mg (14.75%), Folate: 56.07µg (14.02%), Vitamin B2: 0.22mg (12.99%), Manganese: 0.23mg (11.55%), Iron: 1.53mg (8.51%), Phosphorus: 81.02mg (8.1%), Vitamin B3: 1.52mg (7.61%), Calcium: 73.53mg (7.35%), Fiber: 1.21g (4.86%), Copper: 0.09mg (4.32%), Vitamin C: 3.04mg (3.68%), Vitamin D: 0.54µg (3.6%), Vitamin B12: 0.2µg (3.32%), Vitamin B5: 0.33mg (3.29%), Potassium: 98.56mg (2.82%), Magnesium: 10.72mg (2.68%), Vitamin A: 132.49IU (2.65%), Zinc: 0.4mg (2.65%), Vitamin B6: 0.04mg (2.08%), Vitamin E: 0.2mg (1.36%)