



Blackberry Jam Cake III

 Vegetarian

READY IN



60 min.

SERVINGS



3

CALORIES



1762 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup garnish: blackberry jam seedless
- 1 cup butter softened
- 1 cup buttermilk
- 6 eggs
- 3 cups flour all-purpose
- 1 tablespoon ground allspice
- 1 tablespoon ground cinnamon

- 1 tablespoon ground cloves
- 1 cup sugar white

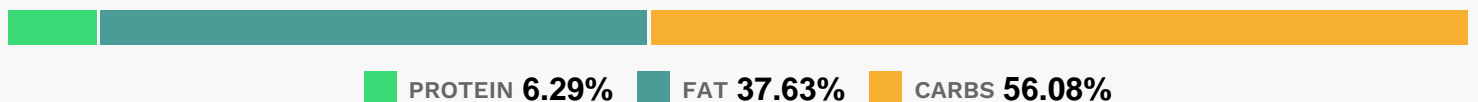
Equipment

- bowl
- oven
- wire rack
- toothpicks

Directions

- Preheat oven to 325 degrees F (165 degrees C). Grease and flour 3 (9 inch) pans.
- Mix together the flour, baking soda, cinnamon, allspice and cloves. Set aside.
- In a large bowl, cream together the butter and sugar until light and fluffy. Beat in the eggs one at a time. Beat in the flour mixture alternately with the buttermilk. Stir in the blackberry jam.
- Pour batter into prepared pans.
- Bake in the preheated oven for 25 to 30 minutes, or until a toothpick inserted into the center of the cake comes out clean.
- Let cool in pans for 10 minutes, then turn out onto a wire rack and cool completely.

Nutrition Facts



Properties

Glycemic Index:100.36, Glycemic Load:159.23, Inflammation Score:-9, Nutrition Score:36.610000071318%

Nutrients (% of daily need)

Calories: 1762.03kcal (88.1%), Fat: 74.37g (114.41%), Saturated Fat: 43.51g (271.95%), Carbohydrates: 249.36g (83.12%), Net Carbohydrates: 242.21g (88.08%), Sugar: 126.22g (140.24%), Cholesterol: 498.84mg (166.28%), Sodium: 1107.08mg (48.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.98g (55.96%), Manganese: 2.66mg (132.77%), Selenium: 76.06µg (108.65%), Vitamin B2: 1.29mg (75.8%), Folate: 290.23µg (72.56%), Vitamin B1: 1.08mg (72.12%), Vitamin A: 2519.98IU (50.4%), Iron: 8.57mg (47.6%), Phosphorus: 422.98mg (42.3%), Vitamin B3: 7.71mg (38.57%), Fiber: 7.15g (28.59%), Calcium: 254.1mg (25.41%), Vitamin B5: 2.33mg (23.26%), Vitamin B12:

1.28µg (21.33%), Vitamin E: 3.18mg (21.23%), Copper: 0.41mg (20.44%), Vitamin D: 2.8µg (18.67%), Zinc: 2.57mg (17.15%), Magnesium: 61.59mg (15.4%), Potassium: 522.72mg (14.93%), Vitamin B6: 0.27mg (13.73%), Vitamin C: 10.86mg (13.17%), Vitamin K: 9.84µg (9.37%)