



Blackberry Wine Cake I

READY IN



45 min.

SERVINGS



10

CALORIES



436 kcal

DESSERT

Ingredients

- ☐ 3 ounce blackberry jell-o
- ☐ 0.5 cup butter softened
- ☐ 1 cup confectioners' sugar
- ☐ 4 eggs
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 cup vegetable oil
- ☐ 18.3 ounce duncan hines classic decadent cake mix white
- ☐ 1.5 cups blackberry wine

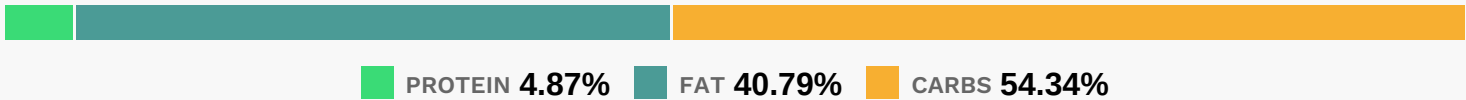
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Grease and flour on 9 or 10 inch tube pan. Put chopped pecans in bottom of pan.
- ☐ Combine the cake mix, blackberry gelatin, eggs, oil, and 1 cup blackberry wine. Beat for 2 minutes then pour batter over top of pecans.
- ☐ Bake at 325 degrees F (165 degrees C) for 40 to 45 minutes or until cake tests done.
- ☐ Pour 1/2 of blackberry wine glaze over top of cake while still warm.
- ☐ Let set for 10 minutes then remove cake from pan. Allow cake to cool fully before pouring the remaining glaze on top.
- ☐ Mix together the confectioner's sugar, 1/2 cup blackberry wine, and the softened butter or margarine. Beat until smooth.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.27, Inflammation Score:-5, Nutrition Score:8.4578261064446%

Flavonoids

Cyanidin: 9.09mg, Cyanidin: 9.09mg, Cyanidin: 9.09mg, Cyanidin: 9.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3.55mg, Catechin: 3.55mg, Catechin: 3.55mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 436.16kcal (21.81%), Fat: 18.93g (29.13%), Saturated Fat: 8.07g (50.41%), Carbohydrates: 56.75g (18.92%), Net Carbohydrates: 55.2g (20.07%), Sugar: 34.49g (38.33%), Cholesterol: 89.87mg (29.96%), Sodium: 458.64mg (19.94%), Alcohol: 3.74g (100%), Alcohol %: 3.09% (100%), Protein: 5.09g (10.18%), Phosphorus: 236.1mg (23.61%), Manganese: 0.46mg (22.82%), Selenium: 10.35µg (14.79%), Calcium: 135.17mg (13.52%), Vitamin B2: 0.22mg (12.73%), Folate: 48.51µg (12.13%), Vitamin B1: 0.16mg (10.62%), Iron: 1.65mg (9.17%), Vitamin E: 1.25mg (8.35%), Vitamin A: 399.93IU (8%), Vitamin K: 8.13µg (7.74%), Vitamin B3: 1.43mg (7.15%), Copper: 0.14mg (6.87%), Fiber: 1.54g (6.17%), Zinc: 0.82mg (5.43%), Vitamin B5: 0.52mg (5.18%), Magnesium: 20.29mg (5.07%), Vitamin B6: 0.08mg (3.91%), Potassium: 131.09mg (3.75%), Vitamin B12: 0.18µg (2.93%), Vitamin D: 0.35µg (2.35%), Vitamin C: 1.85mg (2.24%)