



BLCC: Berries, Lemon Curd Cakes



Gluten Free



Dairy Free



Low Fod Map

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READY IN

ready

6 min.

SERVINGS

servings

4

CALORIES

calories

205 kcal

Ingredients



4 small individual sponge cakes



1 jar lemon curd prepared



2 teaspoons lemon zest



0.5 pint raspberries



0.5 pint strawberries hulled sliced



1 canister whipped cream

Equipment

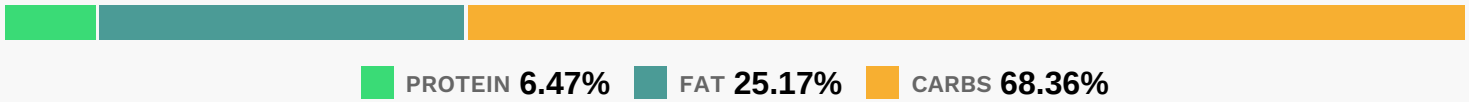


microwave

Directions

- ☐ Arrange sponge cake on serving dish.
- ☐ Remove lid from lemon curd jar and heat in microwave 30 seconds on high to warm and loosen. Fill cakes with curd sauce. Top curd sauce with berries, whipped cream and lemon zest.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:2.19, Inflammation Score:-5, Nutrition Score:9.8604349290709%

Flavonoids

Cyanidin: 28.07mg, Cyanidin: 28.07mg, Cyanidin: 28.07mg, Cyanidin: 28.07mg Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 15.28mg, Pelargonidin: 15.28mg, Pelargonidin: 15.28mg, Pelargonidin: 15.28mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 2.33mg, Epicatechin: 2.33mg, Epicatechin: 2.33mg, Epicatechin: 2.33mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 205.14kcal (10.26%), Fat: 5.98g (9.19%), Saturated Fat: 1.48g (9.22%), Carbohydrates: 36.52g (12.17%), Net Carbohydrates: 31.04g (11.29%), Sugar: 20.98g (23.31%), Cholesterol: 1.05mg (0.35%), Sodium: 142.62mg (6.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Vitamin C: 51.65mg (62.61%), Manganese: 0.71mg (35.47%), Fiber: 5.48g (21.91%), Folate: 43.09µg (10.77%), Selenium: 5.96µg (8.51%), Vitamin B2: 0.14mg (8.27%), Calcium: 81.74mg (8.17%), Vitamin K: 8.11µg (7.73%), Vitamin B1: 0.11mg (7.59%), Iron: 1.31mg (7.29%), Phosphorus: 71.68mg (7.17%), Magnesium: 26.04mg (6.51%), Potassium: 222.62mg (6.36%), Vitamin B3: 1.25mg (6.23%), Copper: 0.11mg (5.4%), Vitamin E: 0.74mg (4.95%), Vitamin B6: 0.07mg (3.56%), Vitamin B5: 0.35mg (3.52%), Zinc: 0.47mg (3.15%), Vitamin A: 51.19IU (1.02%)