



Bursting with Berries Bundt Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



528 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.5 cup blueberries
- ☐ 1.3 cup butter unsalted diced softened
- ☐ 5 eggs
- ☐ 2.5 cup flour all-purpose divided
- ☐ 10 servings garnish: powdered sugar
- ☐ 1.5 cup raspberries
- ☐ 2 tablespoons blackberry syrup

- ☐ 0.1 teaspoon salt
- ☐ 1.7 cups sugar

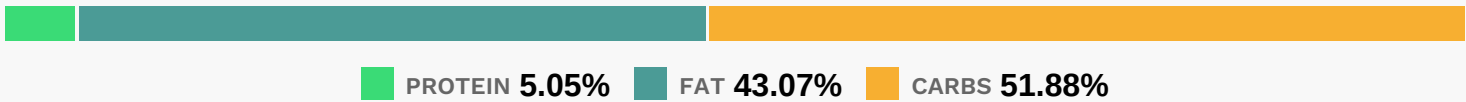
Equipment

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

Directions

- ☐ Combine eggs and sugar in a large bowl; set aside.
- ☐ Beat butter and liqueur or syrup until fluffy using an electric mixer; add to egg mixture.
- ☐ Add baking powder, salt and all except 2 tablespoons flour. Beat until well-blended and no lumps remain; set aside.
- ☐ Combine berries and remaining flour; toss to coat berries. Gently fold berries into batter.
- ☐ Pour into a greased and floured Bundt pan.
- ☐ Bake at 325 degrees until a wooden pick inserted into center comes out clean, about one hour.
- ☐ Remove from oven and let cool in the pan for 20 to 25 minutes; turn out onto a wire rack to cool completely.
- ☐ Sprinkle top of cake with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:31.31, Glycemic Load:41.14, Inflammation Score:-6, Nutrition Score:10.589130422343%

Flavonoids

Cyanidin: 32.78mg, Cyanidin: 32.78mg, Cyanidin: 32.78mg, Cyanidin: 32.78mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 9.34mg, Catechin: 9.34mg, Catechin: 9.34mg, Catechin: 9.34mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 528.24kcal (26.41%), Fat: 25.76g (39.63%), Saturated Fat: 15.32g (95.75%), Carbohydrates: 69.82g (23.27%), Net Carbohydrates: 66.5g (24.18%), Sugar: 43.27g (48.07%), Cholesterol: 142.85mg (47.62%), Sodium: 107.37mg (4.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.8g (13.6%), Selenium: 18.01µg (25.74%), Manganese: 0.5mg (25.07%), Folate: 78.3µg (19.57%), Vitamin B1: 0.27mg (17.75%), Vitamin A: 886.38IU (17.73%), Vitamin B2: 0.29mg (16.8%), Fiber: 3.32g (13.26%), Iron: 2.18mg (12.13%), Vitamin C: 9.87mg (11.97%), Vitamin B3: 2.14mg (10.7%), Phosphorus: 103.51mg (10.35%), Vitamin E: 1.35mg (9.01%), Vitamin K: 8.41µg (8.01%), Vitamin B5: 0.63mg (6.32%), Copper: 0.13mg (6.25%), Calcium: 59.37mg (5.94%), Vitamin D: 0.87µg (5.77%), Zinc: 0.74mg (4.92%), Magnesium: 19.06mg (4.77%), Vitamin B12: 0.24µg (4.07%), Potassium: 138.48mg (3.96%), Vitamin B6: 0.07mg (3.46%)