



Buttermilk Cake with Blackberries and Beaumes-de-Venise

READY IN



45 min.

SERVINGS



8

CALORIES



388 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1.5 lb blackberries fresh
- ☐ 1 cup buttermilk well-shaken
- ☐ 2 cups cake flour (not self-rising)
- ☐ 2 large eggs
- ☐ 1 inch orange zest fresh
- ☐ 0.3 cup blackberry preserves or seedless with seeds, strained

- ☐ 0.8 teaspoon salt
- ☐ 4 tablespoons sugar
- ☐ 0.5 cup butter unsalted softened
- ☐ 1 teaspoon vanilla
- ☐ 0.8 cup beaumes-de-venise

Equipment

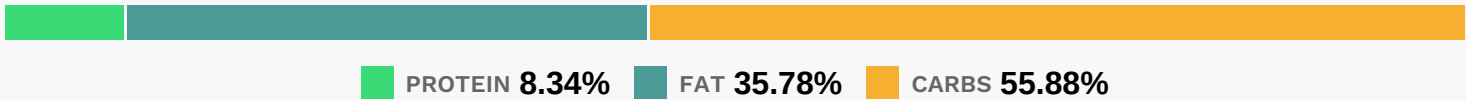
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ cake form
- ☐ wax paper
- ☐ spatula

Directions

- ☐ Preheat oven to 350°F.
- ☐ Line bottom of a buttered 9- by 2-inch round cake pan with a round of wax paper, then butter paper.
- ☐ Sift together flour, baking powder and soda, and salt. Beat together butter and sugar in a large bowl with an electric mixer until pale and fluffy, then beat in vanilla.
- ☐ Add eggs 1 at a time, beating well after each addition, then, with mixer at low speed, beat in all of buttermilk until just combined.
- ☐ Add flour mixture in 3 batches, mixing after each addition until just combined.
- ☐ Spoon batter into cake pan, smoothing top, and bake in middle of oven until golden and a tester comes out clean, 40 to 50 minutes. Cool in pan on a rack 10 minutes, then run a thin sharp knife around edge of cake to loosen. Invert onto rack, then slide cake onto a cake plate.

- ☐ Bring wine, 3 tablespoons sugar, and zest to a boil in a small heavy saucepan, stirring until sugar is dissolved. Boil until syrup is reduced to about 2/3 cup, 1 to 2 minutes. Discard zest.
- ☐ Reserve 2 tablespoons syrup and pour remainder slowly and evenly over cake (cake will absorb syrup).
- ☐ Stir together reserved syrup, preserves, and remaining tablespoon sugar in small saucepan and simmer, stirring occasionally, until thickened slightly, about 1 minute (it should be the consistency of a thick syrup). Put blackberries in a large bowl, then pour preserves mixture over berries. Gently stir berries with a rubber spatula to coat, then pour over cake, mounding blackberries on top.
- ☐ Serve warm or at room temperature.
- ☐ Cake can be made (without syrup and topping) 1 day ahead, cooled completely, then kept at room temperature, wrapped in plastic wrap.

Nutrition Facts



Properties

Glycemic Index:42.51, Glycemic Load:25.65, Inflammation Score:-7, Nutrition Score:11.709130598151%

Flavonoids

Cyanidin: 85.01mg, Cyanidin: 85.01mg, Cyanidin: 85.01mg, Cyanidin: 85.01mg Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg Delphinidin: 0.88mg, Delphinidin: 0.88mg, Delphinidin: 0.88mg, Delphinidin: 0.88mg Malvidin: 21.34mg, Malvidin: 21.34mg, Malvidin: 21.34mg, Malvidin: 21.34mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 1.06mg, Peonidin: 1.06mg, Peonidin: 1.06mg, Peonidin: 1.06mg Catechin: 33.74mg, Catechin: 33.74mg, Catechin: 33.74mg, Catechin: 33.74mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 5.66mg, Epicatechin: 5.66mg, Epicatechin: 5.66mg, Epicatechin: 5.66mg Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 388.08kcal (19.4%), Fat: 14.65g (22.55%), Saturated Fat: 8.34g (52.12%), Carbohydrates: 51.5g (17.17%), Net Carbohydrates: 46.05g (16.75%), Sugar: 20.44g (22.71%), Cholesterol: 80.3mg (26.77%), Sodium: 466.77mg (20.29%), Alcohol: 3.61g (100%), Alcohol %: 2.1% (100%), Protein: 7.69g (15.37%), Manganese: 0.84mg (41.83%), Selenium: 18.27µg (26.1%), Vitamin C: 19.54mg (23.68%), Fiber: 5.45g (21.79%), Vitamin K: 18.05µg (17.19%), Vitamin

A: 655.51IU (13.11%), Copper: 0.24mg (12.08%), Phosphorus: 118.45mg (11.84%), Calcium: 109.03mg (10.9%), Vitamin E: 1.62mg (10.8%), Folate: 41.03µg (10.26%), Vitamin B2: 0.17mg (10.07%), Magnesium: 32.47mg (8.12%), Potassium: 263.47mg (7.53%), Vitamin B5: 0.7mg (7.05%), Zinc: 1.03mg (6.87%), Iron: 1.23mg (6.81%), Vitamin D: 0.85µg (5.69%), Vitamin B3: 0.96mg (4.81%), Vitamin B1: 0.07mg (4.57%), Vitamin B12: 0.27µg (4.56%), Vitamin B6: 0.07mg (3.65%)