



## Cakes in a Jar

 Vegetarian

READY IN



120 min.

SERVINGS



4

CALORIES



449 kcal

DESSERT

### Ingredients

- 4 tablespoons butter
- 1.5 cups cherries pitted
- 0.5 cup flour all-purpose
- 0.8 cup cup heavy whipping cream
- 0.5 teaspoon salt
- 1 cup strawberries sliced
- 0.5 cup sugar

### Equipment

- bowl
- oven
- whisk
- baking pan
- hand mixer
- stand mixer
- canning jar

## Directions

- Preheat the oven to 350°F. In a small bowl, combine the cherries and strawberries and divide the fruit evenly among 4 half-pint canning jars. In another bowl, whisk together the flour, sugar, and salt and divide the mixture among the jars (1/4 cup per jar), tapping and shaking well to distribute the dry ingredients around the fruit. Top each jar with 1 tablespoon of butter. Note that the jars will not be filled all the way. Fill the bottom of an 8-inch square or round baking dish with dried beans in at least a double layer. Nestle each jar flat on its bottom in the pan; the jars should not be touching one another. (The beans will help keep the jars steady while you're moving them in and out of the oven.)
- Bake for 1 hour, until the tops are brown and bubbly and the cakes have set. Allow the cakes to cool on a rack for 20 minutes. Whip the cream in a stand mixer or using a hand mixer until soft peaks form. Dollop whipped cream on each of the cakes and serve. Eat straight out of the jars. Reprinted with permission from Can It, Bottle It, Smoke It And Other Kitchen Projects by Karen Solomon. Copyright 201
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## Nutrition Facts

  

 **PROTEIN 3.28%**  **FAT 54.26%**  **CARBS 42.46%**

## Properties

Glycemic Index:64.27, Glycemic Load:28.48, Inflammation Score:-7, Nutrition Score:7.8365218483883%

## Flavonoids

Cyanidin: 16.24mg, Cyanidin: 16.24mg, Cyanidin: 16.24mg, Cyanidin: 16.24mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 9.09mg, Pelargonidin: 9.09mg, Pelargonidin: 9.09mg, Pelargonidin: 9.09mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 3.38mg, Catechin: 3.38mg, Catechin: 3.38mg, Catechin: 3.38mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 449.35kcal (22.47%), Fat: 27.91g (42.94%), Saturated Fat: 17.51g (109.43%), Carbohydrates: 49.14g (16.38%), Net Carbohydrates: 46.92g (17.06%), Sugar: 34.69g (38.54%), Cholesterol: 80.53mg (26.84%), Sodium: 393.68mg (17.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.58%), Vitamin C: 25.06mg (30.37%), Vitamin A: 1043.29IU (20.87%), Manganese: 0.28mg (14.2%), Vitamin B2: 0.2mg (11.51%), Folate: 41.51µg (10.38%), Vitamin B1: 0.15mg (10.33%), Selenium: 7.07µg (10.1%), Fiber: 2.23g (8.91%), Potassium: 233mg (6.66%), Phosphorus: 65.63mg (6.56%), Iron: 1.12mg (6.23%), Vitamin E: 0.89mg (5.9%), Vitamin B3: 1.18mg (5.88%), Calcium: 48.07mg (4.81%), Vitamin D: 0.71µg (4.76%), Magnesium: 17.22mg (4.31%), Vitamin K: 4.33µg (4.13%), Copper: 0.08mg (3.89%), Vitamin B5: 0.35mg (3.46%), Vitamin B6: 0.07mg (3.26%), Zinc: 0.32mg (2.13%), Vitamin B12: 0.1µg (1.59%)