



Carry Cake with Strawberries and Whipped Cream

 Vegetarian

READY IN



85 min.

SERVINGS



10

CALORIES



729 kcal

DESSERT

Ingredients

- 2 teaspoons baking soda
- 1 cup butter
- 16 ounce cream cheese at room temperature
- 4 eggs
- 2.3 cups flour all-purpose
- 2 cups heavy cream
- 1.3 cups milk

- 0.1 teaspoon salt
- 2 quarts strawberries fresh halved lengthwise
- 1 teaspoon vanilla extract
- 0.5 cup sugar white

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- mixing bowl
- wire rack
- spatula

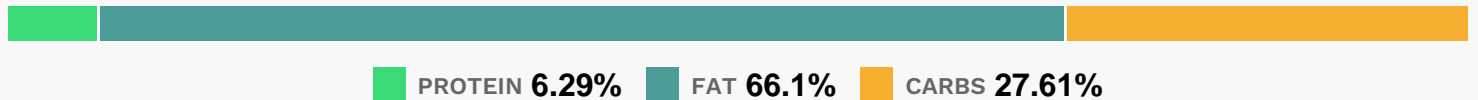
Directions

- Preheat the oven to 350 degrees F (175 degrees C). Grease and flour a 9 inch tube pan.
- In a small saucepan, combine the butter and milk. Warm until butter has melted, but do not boil. In a medium bowl, beat the eggs with 1/2 teaspoon of salt and 2 cups sugar. Stir in the warmed milk and butter and vanilla.
- Combine the flour and baking soda; stir into the batter just until blended.
- Pour into the prepared pan.
- Bake for 55 minutes in the preheated oven, or until a knife inserted into the crown of the cake comes out clean. Cool in the pan for at least 15 minutes before removing and placing on a wire rack to cool completely.
- In a mixing bowl fitted with a whisk attachment, combine the cream cheese, sugar, vanilla and salt. Beat at medium speed until smooth.
- Pour the heavy cream in a slow steady stream while the mixture is whipping until the mixture has fluffed up and can hold a stiff peak. Don't let it get grainy looking though. Scrape the

bottom of the bowl with a spatula occasionally to remove any lumps.

- Slice the cooled cake horizontally into three layers. Arrange strawberries on the bottom layer with the top ends facing outward. Fill in the remaining space with more berries. Spoon some of the whipped cream over the berries and spread evenly.
- Place another layer of cake on top and repeat the process.
- Place the top layer on the cake and cover with the remaining cream. Arrange remaining berries over the cream.

Nutrition Facts



Properties

Glycemic Index:30.01, Glycemic Load:28.03, Inflammation Score:-9, Nutrition Score:21.036086953205%

Flavonoids

Cyanidin: 3.18mg, Cyanidin: 3.18mg, Cyanidin: 3.18mg, Cyanidin: 3.18mg Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 47.03mg, Pelargonidin: 47.03mg, Pelargonidin: 47.03mg, Pelargonidin: 47.03mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 5.89mg, Catechin: 5.89mg, Catechin: 5.89mg, Catechin: 5.89mg Epigallocatechin: 1.48mg, Epigallocatechin: 1.48mg, Epigallocatechin: 1.48mg, Epigallocatechin: 1.48mg Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg Epicatechin 3-gallate: 0.28mg, Epicatechin 3-gallate: 0.28mg, Epicatechin 3-gallate: 0.28mg, Epicatechin 3-gallate: 0.28mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 729.42kcal (36.47%), Fat: 54.72g (84.19%), Saturated Fat: 32.97g (206.05%), Carbohydrates: 51.43g (17.14%), Net Carbohydrates: 46.88g (17.05%), Sugar: 24g (26.67%), Cholesterol: 217.54mg (72.51%), Sodium: 588.36mg (25.58%), Alcohol: 0.14g (100%), Alcohol %: 0.04% (100%), Protein: 11.73g (23.45%), Vitamin C: 111.58mg (135.24%), Manganese: 0.94mg (46.77%), Vitamin A: 2043.33IU (40.87%), Selenium: 21.89µg (31.27%), Vitamin B2: 0.51mg (29.82%), Folate: 111.83µg (27.96%), Phosphorus: 223.07mg (22.31%), Vitamin B1: 0.31mg (20.76%), Fiber: 4.54g (18.18%), Calcium: 162.9mg (16.29%), Potassium: 501.06mg (14.32%), Vitamin E: 2.12mg (14.14%), Iron: 2.5mg (13.87%), Vitamin B3: 2.52mg (12.6%), Vitamin B5: 1.15mg (11.48%), Magnesium: 44.48mg (11.12%), Vitamin D: 1.45µg (9.66%), Vitamin B6: 0.19mg (9.64%), Vitamin B12: 0.54µg (8.93%), Vitamin K: 8.46µg (8.05%), Copper: 0.16mg

(7.94%), Zinc: 1.18mg (7.85%)