



Cornmeal Strawberry Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



461 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.3 cups cornmeal
- ☐ 4 eggs
- ☐ 0.5 cup yogurt plain low-fat
- ☐ 0.5 teaspoon salt
- ☐ 1 cup strawberries fresh sliced
- ☐ 0.7 cup unbleached flour all-purpose
- ☐ 0.8 cup butter unsalted

- ☐ 1 teaspoon vanilla extract
- ☐ 1.3 cups sugar white

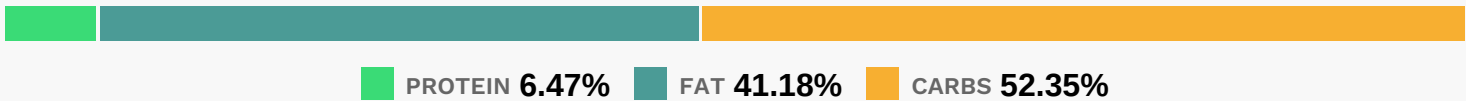
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ toothpicks
- ☐ cake form

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9 inch round cake pan. Sift together the cornmeal, flour, salt and baking powder, set aside.
- ☐ In a medium bowl, cream together the butter and sugar. Beat in the eggs, one at a time, then stir in the vanilla.
- ☐ Add the dry ingredients alternately with the yogurt, stirring after each addition. Finally, fold in the strawberries.
- ☐ Pour the batter into the prepared pan.
- ☐ Bake for 45 to 50 minutes in the preheated oven, until a toothpick or knife inserted, comes out clean. Cool cake in the pan on a wire rack for 30 minutes then invert onto a serving plate.
- ☐ Serve with ice cream or whipped cream.

Nutrition Facts



Properties

Glycemic Index:43.2, Glycemic Load:39.63, Inflammation Score:-5, Nutrition Score:9.4139130944791%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 461.15kcal (23.06%), Fat: 21.41g (32.93%), Saturated Fat: 12.07g (75.43%), Carbohydrates: 61.23g (20.41%), Net Carbohydrates: 58.09g (21.12%), Sugar: 33.74g (37.49%), Cholesterol: 128.51mg (42.84%), Sodium: 244.45mg (10.63%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 7.56g (15.13%), Selenium: 12.85µg (18.36%), Manganese: 0.32mg (16.04%), Phosphorus: 156.9mg (15.69%), Vitamin B2: 0.23mg (13.35%), Vitamin A: 660.59IU (13.21%), Vitamin C: 10.71mg (12.98%), Fiber: 3.13g (12.53%), Vitamin B1: 0.18mg (12.15%), Folate: 45.06µg (11.26%), Vitamin B6: 0.22mg (10.75%), Iron: 1.82mg (10.13%), Magnesium: 38.85mg (9.71%), Zinc: 1.36mg (9.09%), Calcium: 81.32mg (8.13%), Vitamin B3: 1.38mg (6.92%), Vitamin B5: 0.68mg (6.77%), Vitamin E: 0.89mg (5.91%), Potassium: 196.81mg (5.62%), Copper: 0.11mg (5.59%), Vitamin B12: 0.32µg (5.3%), Vitamin D: 0.76µg (5.06%), Vitamin K: 2.07µg (1.97%)