



Cream Cheese and Berry Cakes

 Vegetarian

READY IN



90 min.

SERVINGS



9

CALORIES



361 kcal

DESSERT

Ingredients

- 1 cup flour all-purpose
- 0.5 teaspoon salt
- 0.5 teaspoon double-acting baking powder
- 0.5 cup butter unsalted softened
- 1 cup granulated sugar
- 2 eggs
- 1 egg yolk
- 0.5 teaspoon vanilla

- 1 tablespoon flour all-purpose
- 1 cup berries mixed dried washed
- 6 oz cream cheese softened (from 8-oz package)
- 0.3 cup granulated sugar
- 1 eggs
- 1 tablespoon flour all-purpose
- 1 serving powdered sugar

Equipment

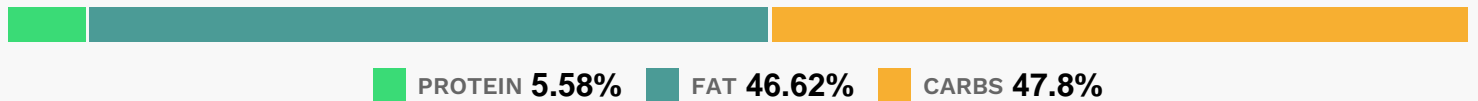
- bowl
- frying pan
- oven
- wire rack
- baking pan
- hand mixer
- toothpicks
- spatula
- butter knife

Directions

- Heat oven to 325°F. Spray 9-loaf-cup baking pan with cooking spray; sprinkle lightly with flour.
- In medium bowl, sift together 1 cup flour, the salt and baking powder. Set aside.
- In large bowl, beat butter with electric mixer on medium speed about 1 minute or until creamy.
- Add half of the 1 cup granulated sugar in 2 stages, beating on medium speed about 2 minutes after each addition until butter and sugar are pale and fluffy.
- Add 2 eggs and 1 egg yolk, one at a time, beating well and scraping side of bowl after each addition. Beat in vanilla just until combined. Using rubber spatula, fold flour mixture into butter mixture until combined.
- In medium bowl, toss 1 tablespoon flour with berries. Fold flour-coated berries into batter.

- Let berries stand while making cream cheese mixture.
- In clean large bowl, beat cream cheese with electric mixer on medium speed about 1 minute or until smooth and creamy.
- Add 1/4 cup granulated sugar; beat until well combined. Beat in 1 egg, scraping side of bowl. Beat in 1 tablespoon flour.
- Divide Pound Cake batter evenly among loaf cups. Divide Cream Cheese
- Mixture evenly over batter in cups. Using butter knife or off-set spatula, gently make a few strokes through batter for a subtle swirl; smooth tops.
- Bake in center of oven 25 to 30 minutes or until cakes are golden brown around edges and toothpick inserted in center of cakes comes out clean. Cool cakes in pan on cooling rack 10 minutes. Turn cakes out of pan onto cooling rack. Cool completely, about 30 minutes.
- Sprinkle with powdered sugar. Cakes can be stored in airtight container in refrigerator for 3 to 4 days.

Nutrition Facts



Properties

Glycemic Index:53.8, Glycemic Load:28.32, Inflammation Score:-4, Nutrition Score:5.8673913582512%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Petunidin: 3.13mg, Petunidin: 3.13mg, Petunidin: 3.13mg, Petunidin: 3.13mg Delphinidin: 3.72mg, Delphinidin: 3.72mg, Delphinidin: 3.72mg, Delphinidin: 3.72mg Malvidin: 8.55mg, Malvidin: 8.55mg, Malvidin: 8.55mg, Malvidin: 8.55mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 360.55kcal (18.03%), Fat: 19.01g (29.24%), Saturated Fat: 10.98g (68.62%), Carbohydrates: 43.84g (14.61%), Net Carbohydrates: 42.96g (15.62%), Sugar: 30.9g (34.33%), Cholesterol: 122.36mg (40.79%), Sodium: 236.07mg (10.26%), Alcohol: 0.08g (100%), Alcohol %: 0.09% (100%), Protein: 5.11g (10.23%), Selenium: 12.84µg (18.34%), Vitamin A: 684.94IU (13.7%), Vitamin B2: 0.21mg (12.6%), Folate: 41.56µg (10.39%), Vitamin B1: 0.14mg (9.47%), Phosphorus: 83.67mg (8.37%), Manganese: 0.14mg (7.06%), Iron: 1.13mg (6.26%), Vitamin B3: 1.04mg (5.21%), Vitamin E: 0.75mg (5.02%), Vitamin B5: 0.5mg (4.96%), Calcium: 49.31mg (4.93%), Vitamin K: 4.21µg

(4.01%), Vitamin D: 0.59µg (3.94%), Vitamin B12: 0.23µg (3.88%), Fiber: 0.89g (3.54%), Zinc: 0.47mg (3.1%), Vitamin B6: 0.06mg (3%), Copper: 0.05mg (2.39%), Potassium: 77.31mg (2.21%), Magnesium: 8.19mg (2.05%)