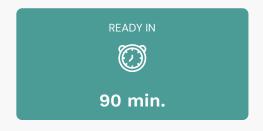
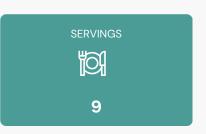


# **Cream Cheese and Berry Cakes**

Vegetarian







DESSERT

## Ingredients

0.5 teaspoon double-acting baking powder
1 cup berries mixed dried washed
6 oz cream cheese softened (from 8-oz package)
1 eggs
1 egg yolk
2 eggs
1 cup flour all-purpose

1 tablespoon flour all-purpose

	0.3 cup granulated sugar
	1 cup granulated sugar
	9 servings powdered sugar
	0.5 teaspoon salt
	0.5 cup butter unsalted softened
	0.5 teaspoon vanilla
Εq	uipment
	bowl
	frying pan
	oven
	wire rack
	baking pan
	hand mixer
	toothpicks
	spatula
	butter knife
Diı	rections
	Heat oven to 325F. 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.

Nutrition Facts
Sprinkle with powdered sugar. Cakes can be stored in airtight container in refrigerator for 3 to 4 days.
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.
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.
Divide Pound Cake batter evenly among loaf cups. Divide Cream Cheese
Add 1/4 cup granulated sugar; beat until well combined. Beat in 1 egg, scraping side of bowl. Beat in 1 tablespoon flour.
In clean large bowl, beat cream cheese with electric mixer on medium speed about 1 minuteor until smooth and creamy.

#### **Properties**

Glycemic Index:45.46, Glycemic Load:27.86, Inflammation Score:-4, Nutrition Score:5.7630434554556%

PROTEIN 5.13% FAT 43.58% CARBS 51.29%

#### **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, Petunidin: 3.13mg, Petunidin: 3.72mg, Delphinidin: 3.72mg, Delphinidin:

### Nutrients (% of daily need)

Calories: 385.18kcal (19.26%), Fat: 19g (29.23%), Saturated Fat: 10.98g (68.61%), Carbohydrates: 50.3g (16.77%), Net Carbohydrates: 49.44g (17.98%), Sugar: 37.85g (42.06%), Cholesterol: 122.36mg (40.79%), Sodium: 236.19mg (10.27%), Alcohol: 0.08g (100%), Alcohol %: 0.08% (100%), Protein: 5.03g (10.06%), Selenium: 12.6µg (18%), Vitamin A: 684.94IU (13.7%), Vitamin B2: 0.21mg (12.44%), Folate: 40.04µg (10.01%), Vitamin B1: 0.14mg (9.03%), Phosphorus: 82.77mg (8.28%), Manganese: 0.14mg (6.79%), Iron: 1.09mg (6.07%), Vitamin E: 0.75mg (5.01%), Vitamin B3: 0.99mg (4.97%), Calcium: 49.26mg (4.93%), Vitamin B5: 0.49mg (4.92%), Vitamin K: 4.21µg (4.01%), Vitamin D: 0.59µg (3.94%), Vitamin B12: 0.23µg (3.88%), Fiber: 0.86g (3.45%), Zinc: 0.46mg (3.07%), Vitamin B6:

0.06mg (2.98%), Copper: 0.05mg (2.36%), Potassium: 76.56mg (2.19%), Magnesium: 8mg (2%)