



Flag Cake

READY IN



115 min.

SERVINGS



16

CALORIES



536 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon apricot preserves melted
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup blueberries
- ☐ 1 cup buttermilk
- ☐ 2.5 cups confectioners' sugar
- ☐ 5 large eggs at room temperature
- ☐ 2.5 cups flour all-purpose
- ☐ 2 cups granulated sugar

- ☐ 0.3 cup cornmeal white stone-ground
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 tablespoons and sprinkles white blue red
- ☐ 16 ounce strawberries
- ☐ 1 cup butter unsalted at room temperature
- ☐ 1 cup butter unsalted softened
- ☐ 1 tablespoon vanilla extract pure
- ☐ 1 teaspoon vanilla extract pure
- ☐ 2 ounces chocolate white cooled melted chopped

Equipment

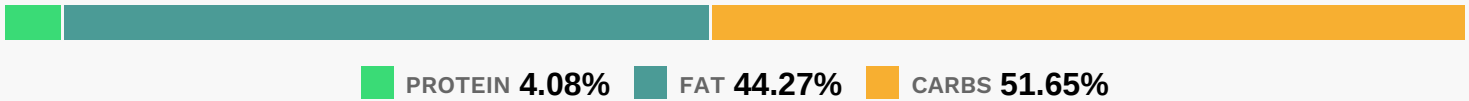
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer
- ☐ pastry bag
- ☐ cutting board

Directions

- ☐ Special equipment: Pastry bag Rosette tip
- ☐ For the cake: Preheat the oven to 350 degrees F. Coat a 9-by-13-inch rectangular baking pan with nonstick cooking spray. Line the bottom of the pan with parchment paper and coat again with the spray.

- ☐ Combine the flour, cornmeal, baking powder, baking soda and salt in a small bowl.
- ☐ Whisk together and set aside.
- ☐ Beat the granulated sugar and butter in a large bowl with an electric mixer on medium-high speed until smooth and fluffy, 3 minutes. Beat in the eggs, 1 at a time until combined, then beat in the vanilla. Reduce the speed to low and beat in one-third of the flour mixture until just combined. Beat in half the buttermilk and then repeat, adding the flour in 2 more increments and alternating with the second half of the buttermilk. Stir in the sprinkles.
- ☐ Transfer to the prepared pan and spread the batter evenly.
- ☐ Bake until the cake is golden brown and the top springs back to a light touch, 30 to 35 minutes. Cool 15 minutes in the pan.
- ☐ Run a small knife around the edges of the cake to release the sides and turn the cake out onto a baking sheet.
- ☐ Remove the parchment paper and then flip again onto a serving platter or cutting board so the top of the cake is back on top. Cool completely before frosting.
- ☐ For the frosting: Beat the butter and salt in a large bowl with an electric mixer on medium speed until fluffy.
- ☐ Add the white chocolate and beat until fluffy. Gradually beat in the confectioners' sugar and vanilla. Increase the speed to medium-high and beat until very smooth and fluffy.
- ☐ Transfer 1/2 cup of the frosting to a pastry bag fitted with a small rosette tip. Frost the top and sides of the cake with the remaining frosting.
- ☐ Place the blueberries in 6 rows of 6 berries each in the top left-hand corner of the cake. Trim and halve the strawberries lengthwise and make 4 rows of strawberries across the cake. Pipe 13 stars between the blueberries and use the remaining frosting to pipe a border around the bottom of the cake.
- ☐ Brush the berries with the melted jelly.
- ☐ Cut and serve.

Nutrition Facts



Properties

Glycemic Index:26.13, Glycemic Load:31.08, Inflammation Score:-6, Nutrition Score:8.670869599218%

Flavonoids

Cyanidin: 1.26mg, Cyanidin: 1.26mg, Cyanidin: 1.26mg, Cyanidin: 1.26mg Petunidin: 2.95mg, Petunidin: 2.95mg, Petunidin: 2.95mg, Petunidin: 2.95mg Delphinidin: 3.37mg, Delphinidin: 3.37mg, Delphinidin: 3.37mg, Delphinidin: 3.37mg Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg Pelargonidin: 7.04mg, Pelargonidin: 7.04mg, Pelargonidin: 7.04mg, Pelargonidin: 7.04mg Peonidin: 1.89mg, Peonidin: 1.89mg, Peonidin: 1.89mg, Peonidin: 1.89mg Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 536.15kcal (26.81%), Fat: 26.79g (41.21%), Saturated Fat: 16.19g (101.21%), Carbohydrates: 70.32g (23.44%), Net Carbohydrates: 68.65g (24.96%), Sugar: 50.98g (56.64%), Cholesterol: 121.53mg (40.51%), Sodium: 250.27mg (10.88%), Alcohol: 0.37g (100%), Alcohol %: 0.27% (100%), Protein: 5.55g (11.1%), Vitamin C: 17.69mg (21.45%), Selenium: 12.83µg (18.33%), Vitamin A: 830.24IU (16.6%), Manganese: 0.31mg (15.33%), Vitamin B2: 0.24mg (13.97%), Folate: 53.37µg (13.34%), Vitamin B1: 0.19mg (12.73%), Phosphorus: 100.6mg (10.06%), Iron: 1.53mg (8.48%), Vitamin B3: 1.46mg (7.31%), Vitamin E: 1.03mg (6.85%), Fiber: 1.67g (6.69%), Calcium: 63.81mg (6.38%), Vitamin D: 0.93µg (6.22%), Vitamin B5: 0.56mg (5.65%), Vitamin K: 4.88µg (4.65%), Vitamin B12: 0.28µg (4.6%), Magnesium: 17.29mg (4.32%), Potassium: 148.31mg (4.24%), Zinc: 0.62mg (4.1%), Vitamin B6: 0.08mg (4.07%), Copper: 0.08mg (4.06%)