



Foris Vineyards Winery Berry-Port Cake

READY IN



45 min.

SERVINGS



8

CALORIES



310 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup blackberries rinsed drained
- ☐ 0.3 lb butter at room temperature
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup port wine
- ☐ 0.8 cup raspberries rinsed drained
- ☐ 1 cup sugar
- ☐ 8 servings whipped cream sweetened

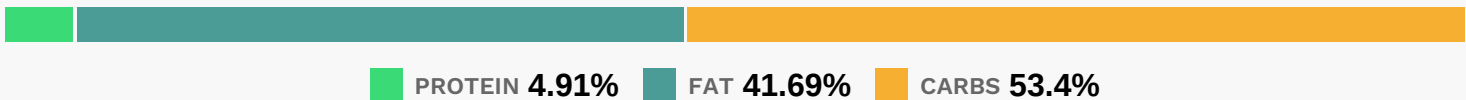
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ cake form

Directions

- ☐ In a bowl, gently mix blackberries, 1/2 cup raspberries, port, and 1 tablespoon sugar.
- ☐ Butter and flour a 9-inch cake pan with removable rim.
- ☐ In a bowl with a mixer on high speed, beat 1 cup sugar and 1/2 cup butter until well blended, 2 to 3 minutes.
- ☐ Add eggs and beat until fluffy, 2 to 3 minutes.
- ☐ Add 1 cup flour and baking powder. Stir to combine, then beat on high speed until the stiff batter is well blended, about 2 minutes.
- ☐ Scrape batter into cake pan and spread top smooth.
- ☐ Drain wine marinade from berries and save. Evenly spoon berries and 2 tablespoons of the marinade over batter.
- ☐ Bake in a 350 oven until cake begins to pull from pan rim, 50 to 55 minutes (40 to 45 minutes in a convection oven). Run a thin-bladed knife between cake and pan rim.
- ☐ Let cool at least 10 minutes.
- ☐ Remove pan rim and sprinkle cake with a little more sugar. Top with remaining raspberries, cut into wedges, and moisten portions with reserved wine marinade. Accompany with scoops of ice cream.

Nutrition Facts



Properties

Glycemic Index:42.89, Glycemic Load:26.87, Inflammation Score:-5, Nutrition Score:5.7734783265902%

Flavonoids

Cyanidin: 14.14mg, Cyanidin: 14.14mg, Cyanidin: 14.14mg, Cyanidin: 14.14mg Petunidin: 0.53mg, Petunidin: 0.53mg, Petunidin: 0.53mg, Petunidin: 0.53mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Malvidin: 7.13mg, Malvidin: 7.13mg, Malvidin: 7.13mg, Malvidin: 7.13mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.33mg, Peonidin: 0.33mg, Peonidin: 0.33mg, Peonidin: 0.33mg Catechin: 4.22mg, Catechin: 4.22mg, Catechin: 4.22mg, Catechin: 4.22mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.38mg, Epicatechin: 1.38mg, Epicatechin: 1.38mg, Epicatechin: 1.38mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 310.32kcal (15.52%), Fat: 14.28g (21.97%), Saturated Fat: 3.62g (22.6%), Carbohydrates: 41.16g (13.72%), Net Carbohydrates: 39.53g (14.37%), Sugar: 27.04g (30.04%), Cholesterol: 51.06mg (17.02%), Sodium: 206.34mg (8.97%), Alcohol: 1.15g (100%), Alcohol %: 1.43% (100%), Protein: 3.78g (7.57%), Selenium: 9.47µg (13.52%), Vitamin A: 638.6IU (12.77%), Manganese: 0.25mg (12.68%), Folate: 39.4µg (9.85%), Vitamin B1: 0.14mg (9.2%), Vitamin B2: 0.16mg (9.19%), Phosphorus: 67.1mg (6.71%), Fiber: 1.63g (6.52%), Iron: 1.17mg (6.48%), Vitamin C: 4.87mg (5.9%), Calcium: 55.31mg (5.53%), Vitamin E: 0.82mg (5.48%), Vitamin B3: 1.08mg (5.4%), Vitamin B5: 0.35mg (3.55%), Copper: 0.06mg (3.11%), Magnesium: 11.11mg (2.78%), Vitamin K: 2.86µg (2.72%), Zinc: 0.4mg (2.64%), Potassium: 87.81mg (2.51%), Vitamin B12: 0.14µg (2.38%), Vitamin B6: 0.04mg (2.04%), Vitamin D: 0.27µg (1.83%)