



Fresh Corn Cake with Raspberries

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



295 kcal

SIDE DISH

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 2 large eggs
- 2 cups flour all-purpose
- 2 tablespoons flour all-purpose
- 1 cup ears corn fresh (2 ears)
- 1.3 cups granulated sugar
- 2 teaspoons juice of lemon fresh

- 2 cups raspberries fresh
- 1 teaspoon salt
- 6 tablespoons butter unsalted cooled melted
- 2 teaspoons vanilla extract
- 0.3 cup water

Equipment

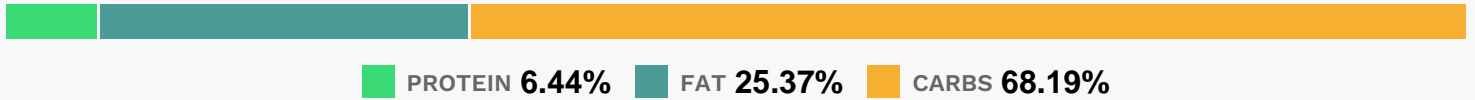
- food processor
- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- blender
- cake form
- wax paper
- measuring cup

Directions

- Preheat oven to 32
- Coat a 9-inch round cake pan with cooking spray; line bottom of pan with wax paper. Coat wax paper with cooking spray.
- Combine corn and next 5 ingredients (corn through eggs) in a blender or food processor; process until smooth.
- Lightly spoon 2 cups flour into dry measuring cups; level with a knife.
- Combine 2 cups flour, granulated sugar, baking powder, salt, and baking soda in a large bowl; stir well with a whisk.
- Add corn mixture to flour mixture, stirring just until combined.

- Toss raspberries with 2 tablespoons flour; fold into batter.
- Pour batter into prepared pan.
- Bake at 325 for 1 hour or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack.
- Remove from pan and carefully peel off wax paper. Cool completely on wire rack.
- Sprinkle with powdered sugar, if desired.

Nutrition Facts



Properties

Glycemic Index:33.81, Glycemic Load:32.62, Inflammation Score:-4, Nutrition Score:7.5634783039922%

Flavonoids

Cyanidin: 10.98mg, Cyanidin: 10.98mg, Cyanidin: 10.98mg, Cyanidin: 10.98mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 295.14kcal (14.76%), Fat: 8.46g (13.01%), Saturated Fat: 4.72g (29.51%), Carbohydrates: 51.16g (17.05%), Net Carbohydrates: 48.59g (17.67%), Sugar: 27.16g (30.18%), Cholesterol: 55.26mg (18.42%), Sodium: 390.86mg (16.99%), Alcohol: 0.28g (100%), Alcohol %: 0.29% (100%), Protein: 4.84g (9.67%), Manganese: 0.37mg (18.6%), Selenium: 12.43µg (17.75%), Vitamin B1: 0.24mg (16.2%), Folate: 64.78µg (16.19%), Vitamin B2: 0.2mg (11.9%), Fiber: 2.57g (10.28%), Vitamin B3: 1.98mg (9.9%), Iron: 1.75mg (9.73%), Vitamin C: 7.66mg (9.29%), Phosphorus: 87.96mg (8.8%), Calcium: 65.67mg (6.57%), Vitamin A: 299.01IU (5.98%), Vitamin B5: 0.46mg (4.63%), Magnesium: 18.3mg (4.57%), Copper: 0.08mg (4.01%), Vitamin E: 0.54mg (3.57%), Potassium: 122.48mg (3.5%), Zinc: 0.49mg (3.3%), Vitamin B6: 0.06mg (2.81%), Vitamin K: 2.61µg (2.49%), Vitamin D: 0.33µg (2.17%), Vitamin B12: 0.1µg (1.72%)