



Grand Old Flag Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



644 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 pint blueberries
- 1.5 cups buttermilk
- 2.5 cups powdered sugar sifted
- 16 oz cream cheese softened
- 2 eggs
- 1.8 cups flour

- 1.5 cups granulated sugar
- 2 teaspoons juice of lemon fresh
- 1.5 pints raspberries
- 0.3 teaspoon salt
- 6 oz butter unsalted softened
- 8 tablespoons butter unsalted softened (1 stick)
- 0.7 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- baking paper
- oven
- whisk
- baking pan
- hand mixer
- cake form

Directions

- Preheat oven to 350F. Line length of 13-by-9-inch cake pan with parchment paper, leaving a 4-inch overhang.
- Lay another sheet across width of pan and up sides (without overhang). Spray paper evenly with cooking spray.
- Whisk together flour, granulated sugar, cocoa powder, baking soda, baking powder and salt in a large bowl. Using an electric mixer, beat in butter on low speed until mixture is crumbly.
- Add buttermilk, eggs and vanilla. Increase speed to medium and beat, scraping down inside of bowl, until smooth, 2 to 3 minutes.
- Transfer to baking pan.

- Bake cake until a cake tester inserted in center comes out clean, about 30 minutes. Cool in pan on a rack for 10 minutes. Holding overhanging pieces of paper, pull cake from pan and let cool completely on rack. Invert platter on cake and flip over to invert cake. Carefully peel off paper and discard.
- Make frosting: Using an electric mixer, beat cream cheese and butter on medium speed until light. Gradually beat in confectioners' sugar until fluffy. Beat in lemon juice. Refrigerate frosting for about 10 minutes if it's too soft to spread.
- Frost sides and top of cake. Arrange blueberries in a rectangle in upper left-hand corner of cake. Arrange raspberries in 7 rows for stripes. Refrigerate cake until serving. (Cake may be made up to 3 hours ahead.)

Nutrition Facts



Properties

Glycemic Index:30.09, Glycemic Load:30.36, Inflammation Score:-8, Nutrition Score:13.755217427793%

Flavonoids

Cyanidin: 28.74mg, Cyanidin: 28.74mg, Cyanidin: 28.74mg, Cyanidin: 28.74mg Petunidin: 6.4mg, Petunidin: 6.4mg, Petunidin: 6.4mg, Petunidin: 6.4mg Delphinidin: 7.77mg, Delphinidin: 7.77mg, Delphinidin: 7.77mg, Delphinidin: 7.77mg Malvidin: 13.4mg, Malvidin: 13.4mg, Malvidin: 13.4mg, Malvidin: 13.4mg Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg Peonidin: 4.07mg, Peonidin: 4.07mg, Peonidin: 4.07mg, Peonidin: 4.07mg Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 11.59mg, Epicatechin: 11.59mg, Epicatechin: 11.59mg, Epicatechin: 11.59mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 643.91kcal (32.2%), Fat: 35.13g (54.04%), Saturated Fat: 20.94g (130.88%), Carbohydrates: 80.19g (26.73%), Net Carbohydrates: 73.61g (26.77%), Sugar: 57.1g (63.44%), Cholesterol: 119.3mg (39.77%), Sodium: 323.45mg (14.06%), Alcohol: 0.11g (100%), Alcohol %: 0.06% (100%), Caffeine: 10.99mg (3.66%), Protein: 8.09g (16.18%), Manganese: 0.78mg (39.08%), Fiber: 6.58g (26.32%), Vitamin A: 1214.43IU (24.29%), Vitamin C: 17.73mg

(21.49%), Selenium: 14.15µg (20.21%), Vitamin B2: 0.32mg (18.95%), Phosphorus: 164.12mg (16.41%), Copper: 0.3mg (14.95%), Folate: 57.71µg (14.43%), Vitamin B1: 0.2mg (13.35%), Magnesium: 49.94mg (12.48%), Iron: 2.2mg (12.25%), Calcium: 116.14mg (11.61%), Vitamin E: 1.61mg (10.75%), Vitamin K: 11.14µg (10.61%), Potassium: 305.17mg (8.72%), Vitamin B3: 1.7mg (8.48%), Vitamin B5: 0.78mg (7.8%), Zinc: 1.16mg (7.72%), Vitamin D: 0.89µg (5.93%), Vitamin B12: 0.33µg (5.44%), Vitamin B6: 0.1mg (5.1%)