



Lemon-Blueberry Swirl Cake

READY IN



95 min.

SERVINGS



35

CALORIES



100 kcal

DESSERT

Ingredients

- 1 cup blueberries
- 8 oz philadelphia cream cheese softened
- 3 egg whites
- 3 oz jell-o lemon flavor gelatin divided
- 2 Tbsp oil
- 0.8 cup water
- 3 Tbsp water
- 1 pkg duncan hines classic decadent cake mix white (2-layer size)
- 1 eggs whole

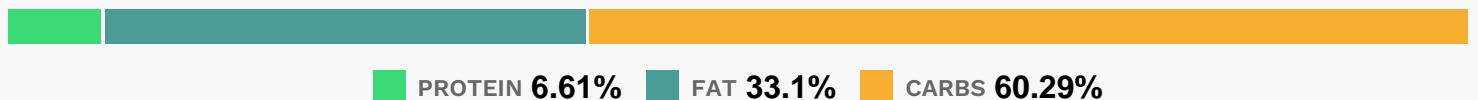
Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- blender
- toothpicks
- microwave
- measuring cup

Directions

- Heat oven to 350F.
- Beat cake mix, 3/4 cup water, egg whites and oil in large bowl with mixer until blended.
- Add 1/4 cup dry gelatin mix; beat on low speed 1 min., then on medium speed 4 min. Stir in berries; set aside. Beat cream cheese and whole egg in small bowl with mixer until blended.
- Pour half the cake batter into greased and floured 12-cup fluted tube pan or 10-inch tube pan; cover with layers of cream cheese mixture and remaining cake batter.
- Bake 45 to 50 min. or until toothpick inserted near center comes out clean. Cool cake in pan 10 min. Loosen cake from sides of pan with knife. Invert cake onto wire rack. Gently remove pan; cool cake completely.
- Place cake on plate. Microwave 3 Tbsp. water in microwaveable measuring cup on HIGH 30 sec.
- Add to remaining dry gelatin mix; stir until dissolved.
- Brush onto cake; let stand until absorbed.

Nutrition Facts



Properties

Glycemic Index:1.91, Glycemic Load:0.3, Inflammation Score:-1, Nutrition Score:1.8834782560234%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.5mg, Delphinidin: 1.5mg, Delphinidin: 1.5mg, Delphinidin: 1.5mg Malvidin: 2.86mg, Malvidin: 2.86mg, Malvidin: 2.86mg, Malvidin: 2.86mg Peonidin: 0.86mg, Peonidin: 0.86mg, Peonidin: 0.86mg, Peonidin: 0.86mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 99.5kcal (4.98%), Fat: 3.71g (5.71%), Saturated Fat: 1.7g (10.6%), Carbohydrates: 15.21g (5.07%), Net Carbohydrates: 14.95g (5.44%), Sugar: 8.99g (9.99%), Cholesterol: 11.22mg (3.74%), Sodium: 140.45mg (6.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.33%), Phosphorus: 63.52mg (6.35%), Selenium: 2.89µg (4.14%), Calcium: 40.04mg (4%), Vitamin B2: 0.07mg (3.92%), Folate: 11.94µg (2.99%), Vitamin E: 0.36mg (2.41%), Vitamin B1: 0.04mg (2.39%), Manganese: 0.05mg (2.31%), Vitamin A: 96.1IU (1.92%), Vitamin B3: 0.38mg (1.9%), Iron: 0.33mg (1.86%), Vitamin K: 1.93µg (1.83%), Vitamin B5: 0.11mg (1.1%), Fiber: 0.26g (1.06%), Copper: 0.02mg (1.05%)