



Lemon Sun Cakes with Berries and Cream

 Vegetarian

READY IN



1500 min.

SERVINGS



6

CALORIES



347 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 5 oz blackberries
- 5 oz blueberries
- 6 servings currants fresh white red
- 1 large eggs
- 0.8 cup flour all-purpose
- 3 tablespoons granulated sugar
- 0.5 cup cup heavy whipping cream chilled

- 0.5 teaspoon lemon zest fresh finely grated
- 4 oz raspberries
- 0.3 teaspoon salt
- 4 oz strawberries sliced
- 0.5 cup sugar
- 0.3 cup butter unsalted softened
- 0.5 teaspoon vanilla
- 0.5 cup milk whole

Equipment

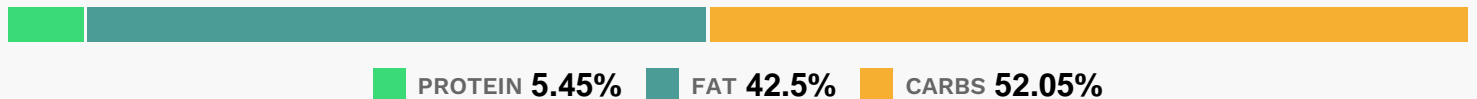
- food processor
- baking sheet
- oven
- whisk
- plastic wrap
- hand mixer
- aluminum foil

Directions

- Put oven rack in middle position and preheat oven to 350°F. Generously butter molds and put on a baking sheet.
- Whisk together flour, baking powder, zest, and salt.
- Beat together butter and sugar with an electric mixer at high speed until pale and fluffy, about 2 minutes. Beat in egg and vanilla until just incorporated.
- Add milk and beat until just combined (mixture will appear curdled). Reduce speed to low, then add flour mixture in 3 batches, beating until just combined after each addition.
- Divide batter among molds, filling each mold about two-thirds full.
- Bake until edges of cakes are golden and a wooden pick inserted in center of a cake comes out clean, about 25 minutes. Cool cakes in molds on a rack 5 minutes, then turn out onto rack and cool completely.

- While cakes cool, pulse 1/2 cup each of raspberries, blueberries, blackberries, and strawberries (all together) with 2 tablespoons superfine sugar in a food processor until fruit is just crushed. Chill, covered, up to 2 hours.
- Beat cream with remaining tablespoon superfine sugar using cleaned beaters at medium-high speed until it just forms soft peaks. Chill, covered, until ready to serve (but no longer than 2 hours).
- Arrange cakes upside down on 6 plates and top each with 2 rounded tablespoons whipped cream and 1 rounded tablespoon crushed berries. Scatter remaining whole berries over top and serve remaining crushed berries on the side.
- Cakes can be made 2 days ahead and kept in an airtight container at room temperature, or 2 weeks ahead and frozen, wrapped in plastic wrap and then foil. Thaw frozen cakes in refrigerator and bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:83.53, Glycemic Load:27.25, Inflammation Score:-6, Nutrition Score:10.008260861687%

Flavonoids

Cyanidin: 34.58mg, Cyanidin: 34.58mg, Cyanidin: 34.58mg, Cyanidin: 34.58mg Petunidin: 7.53mg, Petunidin: 7.53mg, Petunidin: 7.53mg, Petunidin: 7.53mg Delphinidin: 8.68mg, Delphinidin: 8.68mg, Delphinidin: 8.68mg, Delphinidin: 8.68mg Malvidin: 15.99mg, Malvidin: 15.99mg, Malvidin: 15.99mg, Malvidin: 15.99mg Pelargonidin: 4.99mg, Pelargonidin: 4.99mg, Pelargonidin: 4.99mg, Pelargonidin: 4.99mg Peonidin: 4.88mg, Peonidin: 4.88mg, Peonidin: 4.88mg, Peonidin: 4.88mg Catechin: 10.84mg, Catechin: 10.84mg, Catechin: 10.84mg, Catechin: 10.84mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 1.99mg, Epicatechin: 1.99mg, Epicatechin: 1.99mg, Epicatechin: 1.99mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 347.3kcal (17.36%), Fat: 16.88g (25.96%), Saturated Fat: 10.1g (63.13%), Carbohydrates: 46.5g (15.5%), Net Carbohydrates: 42.59g (15.49%), Sugar: 30.19g (33.55%), Cholesterol: 76.19mg (25.4%), Sodium: 195.38mg (8.49%), Alcohol: 0.11g (100%), Alcohol %: 0.08% (100%), Protein: 4.87g (9.74%), Vitamin C: 23.7mg (28.73%), Manganese: 0.55mg (27.43%), Fiber: 3.91g (15.64%), Vitamin A: 678.49IU (13.57%), Selenium: 9.31µg (13.3%), Vitamin B2: 0.22mg (12.78%), Folate: 49.54µg (12.38%), Vitamin K: 12.59µg (11.99%), Vitamin B1: 0.17mg (11.17%), Calcium: 104mg (10.4%), Phosphorus: 101.37mg (10.14%), Iron: 1.42mg (7.88%), Vitamin E: 1.14mg (7.61%), Vitamin B3: 1.42mg (7.11%), Copper: 0.12mg (5.8%), Potassium: 202.88mg (5.8%), Vitamin D: 0.85µg (5.66%), Magnesium: 21.82mg (5.45%), Vitamin B5: 0.51mg (5.14%), Zinc: 0.63mg (4.22%), Vitamin B6: 0.08mg (4.13%), Vitamin B12: 0.23µg (3.86%)