



Mascarpone-Filled Cake with Sherried Berries

READY IN



120 min.

SERVINGS



12

CALORIES



402 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup buttermilk well-shaken
- ☐ 2 cups cake flour sifted (not self-rising; sift before measuring)
- ☐ 12 servings powdered sugar
- ☐ 2 large eggs
- ☐ 1 cup heavy whipping cream chilled
- ☐ 1 cup mascarpone cheese
- ☐ 4 cups berries mixed

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cooking sherry dry ()
- ☐ 0.3 cup sugar
- ☐ 1 stick butter unsalted softened
- ☐ 1 teaspoon vanilla extract pure

Equipment

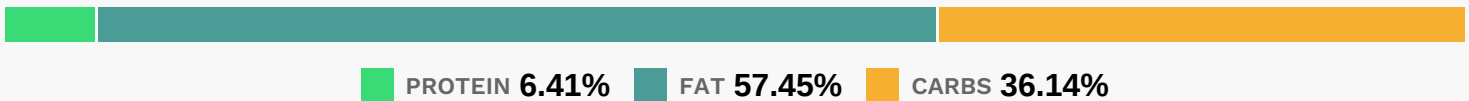
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ cake form
- ☐ serrated knife

Directions

- ☐ Preheat oven to 350°F with rack in middle. Butter a 9-inch round cake pan (2 inches deep). Line bottom with a round of parchment paper, then butter parchment.
- ☐ Sift together flour, baking powder, baking soda, and salt.
- ☐ Beat together butter and sugar in a large bowl with an electric mixer until pale and fluffy. Beat in vanilla.
- ☐ Add eggs 1 at a time, beating well after each addition. With mixer at low speed, beat in buttermilk until just combined.
- ☐ Add flour mixture in 3 batches, mixing after each addition until just combined.
- ☐ Spread batter in cake pan, smoothing top. Rap pan on counter several times to eliminate air bubbles.

- ☐ Bake until golden and a wooden pick inserted in center comes out clean, 35 to 40 minutes. Cool in pan on a rack 10 minutes. Run a knife around edge of cake to loosen, then invert onto a plate. Discard paper and reinvert cake onto rack to cool completely.
- ☐ Bring Sherry and sugar to a boil in a small heavy saucepan, stirring until sugar has dissolved. Put berries in a bowl and pour hot syrup over them, gently tossing to coat.
- ☐ Let stand 15 minutes.
- ☐ Beat mascarpone and cream with sugar in a large bowl using cleaned beaters until mixture just holds stiff peaks.
- ☐ Halve cake horizontally with a long serrated knife. Carefully remove top half and reserve. Put bottom half on a plate, then spread evenly with all of cream and replace top half.
- ☐ Serve with berries.
- ☐ •Cake, without cream, can be baked 1 day ahead. Wrap in plastic wrap once cool and keep at room temperature. •Berries can macerate at room temperature up to 2 hours.

Nutrition Facts



Properties

Glycemic Index:22.92, Glycemic Load:13.12, Inflammation Score:-6, Nutrition Score:6.2282608177351%

Flavonoids

Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg Petunidin: 9.38mg, Petunidin: 9.38mg, Petunidin: 9.38mg, Petunidin: 9.38mg Delphinidin: 11.15mg, Delphinidin: 11.15mg, Delphinidin: 11.15mg, Delphinidin: 11.15mg Malvidin: 25.66mg, Malvidin: 25.66mg, Malvidin: 25.66mg, Malvidin: 25.66mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 401.7kcal (20.08%), Fat: 25.38g (39.05%), Saturated Fat: 15.37g (96.05%), Carbohydrates: 35.92g (11.97%), Net Carbohydrates: 34.03g (12.37%), Sugar: 18.14g (20.16%), Cholesterol: 94.61mg (31.54%), Sodium:

274.63mg (11.94%), Alcohol: 1.14g (100%), Alcohol %: 0.84% (100%), Protein: 6.37g (12.74%), Vitamin A: 891.56IU (17.83%), Selenium: 12.39µg (17.71%), Manganese: 0.26mg (12.89%), Calcium: 97.23mg (9.72%), Vitamin K: 9.95µg (9.48%), Vitamin B2: 0.15mg (8.75%), Phosphorus: 82.28mg (8.23%), Fiber: 1.9g (7.58%), Vitamin D: 0.89µg (5.9%), Vitamin E: 0.83mg (5.56%), Vitamin B5: 0.43mg (4.25%), Folate: 16.58µg (4.15%), Vitamin B6: 0.07mg (3.59%), Vitamin B12: 0.21µg (3.57%), Copper: 0.07mg (3.56%), Vitamin B1: 0.05mg (3.39%), Magnesium: 13.5mg (3.38%), Potassium: 116.26mg (3.32%), Zinc: 0.47mg (3.11%), Iron: 0.53mg (2.92%), Vitamin B3: 0.53mg (2.65%), Vitamin C: 1.41mg (1.71%)