



Mixed Berry Almond Cake

 Vegetarian

READY IN



85 min.

SERVINGS



8

CALORIES



503 kcal

DESSERT

Ingredients

- ☐ 7 ounce almond paste grated
- ☐ 3 tablespoons almonds sliced
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 cup blueberries fresh
- ☐ 10 tablespoons butter melted
- ☐ 1 tablespoon confectioners' sugar
- ☐ 3 eggs at room temperature
- ☐ 1.8 cups flour all-purpose

- ☐ 1 cup raspberries fresh
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ springform pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9-inch springform pan.
- ☐ Combine white sugar, almond paste, and butter in mixing bowl; beat with an electric hand mixer on medium speed until smooth.
- ☐ Add eggs one at a time, beating well after each addition. Beat on high for 3 minutes.
- ☐ Sift flour, baking powder, and salt into a separate bowl.
- ☐ Add flour mixture to almond paste mixture and beat until just combined.
- ☐ Pour 2 1/4 cups of batter into prepared pan, gently smoothing to edges. Arrange blueberries and raspberries atop the batter layer; top with remaining batter.
- ☐ Sprinkle almonds over the batter.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, 50 to 55 minutes. Cool in the pan on a wire rack for 15 minutes. Gently slide a knife around the inside edge of the pan and release springform circle.
- ☐ Lightly dust cake with confectioners' sugar.

Nutrition Facts

PROTEIN 6.51% FAT 43.65% CARBS 49.84%

Properties

Glycemic Index:45.39, Glycemic Load:33.88, Inflammation Score:-6, Nutrition Score:12.781739224558%

Flavonoids

Cyanidin: 8.52mg, Cyanidin: 8.52mg, Cyanidin: 8.52mg, Cyanidin: 8.52mg Petunidin: 5.88mg, Petunidin: 5.88mg, Petunidin: 5.88mg, Petunidin: 5.88mg Delphinidin: 6.75mg, Delphinidin: 6.75mg, Delphinidin: 6.75mg, Delphinidin: 6.75mg Malvidin: 12.52mg, Malvidin: 12.52mg, Malvidin: 12.52mg, Malvidin: 12.52mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 3.77mg, Peonidin: 3.77mg, Peonidin: 3.77mg, Peonidin: 3.77mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 502.81kcal (25.14%), Fat: 25.01g (38.48%), Saturated Fat: 10.36g (64.73%), Carbohydrates: 64.24g (21.41%), Net Carbohydrates: 60.42g (21.97%), Sugar: 37.72g (41.91%), Cholesterol: 99mg (33%), Sodium: 291.55mg (12.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.4g (16.79%), Vitamin E: 5.14mg (34.27%), Manganese: 0.65mg (32.65%), Selenium: 15.91µg (22.73%), Vitamin B2: 0.38mg (22.36%), Folate: 82.34µg (20.58%), Vitamin B1: 0.26mg (17.45%), Phosphorus: 171.44mg (17.14%), Fiber: 3.82g (15.27%), Magnesium: 55.33mg (13.83%), Iron: 2.35mg (13.05%), Calcium: 119.53mg (11.95%), Vitamin B3: 2.29mg (11.45%), Copper: 0.23mg (11.42%), Vitamin A: 541.4IU (10.83%), Vitamin C: 5.75mg (6.97%), Zinc: 1mg (6.66%), Vitamin K: 6.1µg (5.81%), Potassium: 199.19mg (5.69%), Vitamin B5: 0.51mg (5.1%), Vitamin B6: 0.07mg (3.63%), Vitamin B12: 0.18µg (2.94%), Vitamin D: 0.33µg (2.2%)