



Mixed-Berry Spoon Cake

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



365 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 12 ounces blackberries
- ☐ 2 tablespoons cornstarch
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon kosher salt
- ☐ 2 teaspoons lemon zest finely grated
- ☐ 0.5 cup milk

- ☐ 12 ounces raspberries
- ☐ 2 pounds strawberries hulled quartered
- ☐ 0.8 cup sugar
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract pure

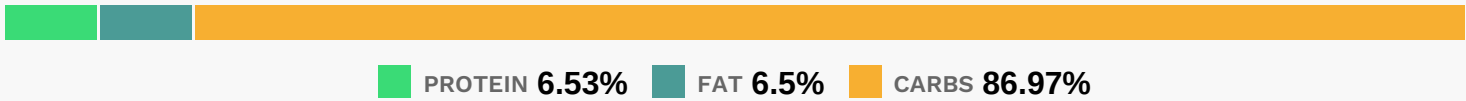
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Make the filling: In a bowl, toss the berries with the sugar and cornstarch and let stand for 10 minutes.
- ☐ Meanwhile, make the batter: Preheat the oven to 37
- ☐ In a medium bowl, whisk the flour with the sugar, lemon zest, baking powder and salt. In a small bowl, whisk the eggs with the milk and vanilla.
- ☐ Whisk the liquid into the dry ingredients until evenly moistened, then whisk in the melted butter until smooth.
- ☐ Spread the filling in a 9-by-13-inch baking dish. Spoon the batter on top, leaving small gaps.
- ☐ Bake in the center of the oven for 1 hour, until the fruit is bubbling and a toothpick inserted into the topping comes out clean.
- ☐ Let cool for 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:54.52, Glycemic Load:47.57, Inflammation Score:-7, Nutrition Score:17.236956378688%

Flavonoids

Cyanidin: 63.87mg, Cyanidin: 63.87mg, Cyanidin: 63.87mg, Cyanidin: 63.87mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 0.91mg, Delphinidin: 0.91mg, Delphinidin: 0.91mg, Delphinidin: 0.91mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 28.79mg, Pelargonidin: 28.79mg, Pelargonidin: 28.79mg, Pelargonidin: 28.79mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 19.84mg, Catechin: 19.84mg, Catechin: 19.84mg, Catechin: 19.84mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 3.95mg, Epicatechin: 3.95mg, Epicatechin: 3.95mg, Epicatechin: 3.95mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 365.01kcal (18.25%), Fat: 2.73g (4.2%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 82.28g (27.43%), Net Carbohydrates: 74.29g (27.02%), Sugar: 54.08g (60.09%), Cholesterol: 42.75mg (14.25%), Sodium: 394.75mg (17.16%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Protein: 6.18g (12.36%), Vitamin C: 87.39mg (105.93%), Manganese: 1.17mg (58.28%), Fiber: 7.99g (31.96%), Folate: 94.9µg (23.73%), Selenium: 12.65µg (18.06%), Vitamin B1: 0.25mg (16.44%), Vitamin B2: 0.25mg (14.61%), Vitamin K: 14.38µg (13.7%), Iron: 2.42mg (13.46%), Phosphorus: 128.18mg (12.82%), Vitamin B3: 2.38mg (11.89%), Calcium: 114.99mg (11.5%), Potassium: 372.42mg (10.64%), Copper: 0.21mg (10.49%), Magnesium: 41.31mg (10.33%), Vitamin E: 1.33mg (8.9%), Vitamin B5: 0.73mg (7.29%), Vitamin B6: 0.13mg (6.44%), Zinc: 0.94mg (6.26%), Vitamin A: 203IU (4.06%), Vitamin B12: 0.18µg (3%), Vitamin D: 0.39µg (2.59%)