



Polenta Cake with Late-Summer Berries

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



326 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup blackberries
- ☐ 1 cup blueberries
- ☐ 6 tablespoons butter softened
- ☐ 2 large egg whites
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup polenta dry finely

- ☐ 1 cup raspberries fresh
- ☐ 10 ounce raspberries unsweetened frozen thawed
- ☐ 0.1 teaspoon salt
- ☐ 2 cups strawberries halved
- ☐ 1 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 tablespoons water

Equipment

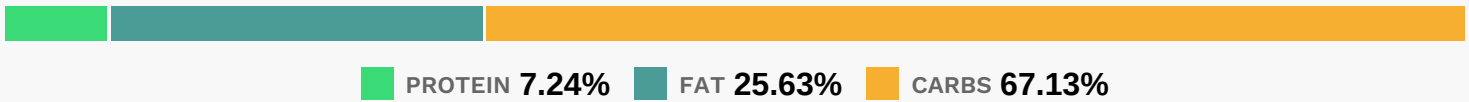
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ blender
- ☐ loaf pan
- ☐ grill
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cake, coat an 8 x 4-inch loaf pan with cooking spray; set prepared loaf pan aside.
- ☐ Lightly spoon all-purpose flour into dry measuring cups; level with a knife.
- ☐ Combine flour, polenta, baking powder, and salt in a medium bowl, stirring with a whisk; set aside.

- ☐ ???,vanilla extract and whole eggs in a small bowl, stirring well with a whisk.
- ☐ Combine 1 cup sugar and butter in a medium bowl; beat with mixer at medium speed until mixture is light and fluffy (about 5 minutes). Gradually add vanilla extract mixture and egg whites to sugar mixture, beating well (about 2 minutes). Gradually add flour mixture, and stir batter just until moist.
- ☐ Pour cake batter into prepared pan.
- ☐ Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean. Cool cake in pan 10 minutes on a wire rack; remove cake from pan. Cool completely on wire rack.
- ☐ Cut cake into 9 equal slices.
- ☐ To prepare berry topping, combine 1 tablespoon sugar, water, and thawed raspberries in a food processor or blender; process until the mixture is smooth. Strain mixture through a sieve over a bowl, pressing with the back of a spoon; discard solids.
- ☐ Combine raspberry sauce, strawberries, blueberries, fresh raspberries, and blackberries in a large bowl; toss gently to combine.
- ☐ Prepare grill to medium-high heat.
- ☐ Place cake slices on grill rack coated with cooking spray; grill 1 minute on each side or until golden brown and grill marks form.
- ☐ Serve grilled cake slices with berry topping.

Nutrition Facts



Properties

Glycemic Index:57.13, Glycemic Load:30.39, Inflammation Score:-6, Nutrition Score:11.440869559412%

Flavonoids

Cyanidin: 38.44mg, Cyanidin: 38.44mg, Cyanidin: 38.44mg, Cyanidin: 38.44mg Petunidin: 5.36mg, Petunidin: 5.36mg, Petunidin: 5.36mg, Petunidin: 5.36mg Delphinidin: 6.52mg, Delphinidin: 6.52mg, Delphinidin: 6.52mg, Delphinidin: 6.52mg Malvidin: 11.18mg, Malvidin: 11.18mg, Malvidin: 11.18mg, Malvidin: 11.18mg Pelargonidin: 8.46mg, Pelargonidin: 8.46mg, Pelargonidin: 8.46mg, Pelargonidin: 8.46mg Peonidin: 3.44mg, Peonidin: 3.44mg, Peonidin: 3.44mg, Peonidin: 3.44mg Catechin: 8.38mg, Catechin: 8.38mg, Catechin: 8.38mg, Catechin: 8.38mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg

Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 325.67kcal (16.28%), Fat: 9.51g (14.63%), Saturated Fat: 5.21g (32.54%), Carbohydrates: 56.05g (18.68%), Net Carbohydrates: 50.6g (18.4%), Sugar: 29.69g (32.99%), Cholesterol: 61.4mg (20.47%), Sodium: 169.36mg (7.36%), Alcohol: 0.08g (100%), Alcohol %: 0.05% (100%), Protein: 6.05g (12.09%), Vitamin C: 35.52mg (43.05%), Manganese: 0.74mg (36.82%), Fiber: 5.45g (21.82%), Selenium: 13.48µg (19.25%), Folate: 66.3µg (16.57%), Vitamin B1: 0.21mg (13.85%), Vitamin B2: 0.23mg (13.59%), Vitamin K: 11.31µg (10.77%), Iron: 1.87mg (10.42%), Vitamin B3: 1.89mg (9.43%), Phosphorus: 88.06mg (8.81%), Vitamin E: 1.11mg (7.4%), Vitamin A: 367.6IU (7.35%), Copper: 0.14mg (6.9%), Magnesium: 26.89mg (6.72%), Potassium: 216.02mg (6.17%), Calcium: 60.67mg (6.07%), Vitamin B5: 0.57mg (5.66%), Vitamin B6: 0.09mg (4.52%), Zinc: 0.67mg (4.47%), Vitamin B12: 0.12µg (2.02%), Vitamin D: 0.22µg (1.48%)