



Raspberry Buttermilk Cake

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



267 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup buttermilk well-shaken
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 5 ounces raspberries fresh
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup sugar divided

- ☐ 0.5 stick butter unsalted softened
- ☐ 0.5 teaspoon vanilla extract pure

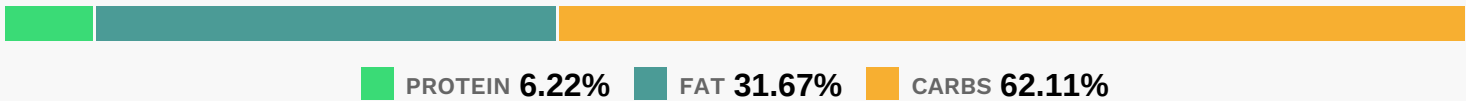
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ cake form

Directions

- ☐ Preheat oven to 400°F with rack in middle. Butter and flour a 9-inch round cake pan.
- ☐ Whisk together flour, baking powder, baking soda, and salt.
- ☐ Beat butter and 2/3 cup sugar with an electric mixer at medium-high speed until pale and fluffy, about 2 minutes, then beat in vanilla.
- ☐ Add egg and beat well.
- ☐ At low speed, mix in flour mixture in 3 batches, alternating with buttermilk, beginning and ending with flour, and mixing until just combined.
- ☐ Spoon batter into cake pan, smoothing top. Scatter raspberries evenly over top and sprinkle with remaining 1 1/2 tablespoons sugar.
- ☐ Bake until cake is golden and a wooden pick inserted into center comes out clean, 25 to 30 minutes. Cool in pan 10 minutes, then turn out onto a rack and cool to warm, 10 to 15 minutes more. Invert onto a plate.

Nutrition Facts



Properties

Glycemic Index:49.02, Glycemic Load:27.73, Inflammation Score:-4, Nutrition Score:6.4043477721836%

Flavonoids

Cyanidin: 10.81mg, Cyanidin: 10.81mg, Cyanidin: 10.81mg, Cyanidin: 10.81mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 266.64kcal (13.33%), Fat: 9.52g (14.65%), Saturated Fat: 5.51g (34.47%), Carbohydrates: 42.02g (14.01%), Net Carbohydrates: 39.92g (14.52%), Sugar: 24.33g (27.04%), Cholesterol: 53.45mg (17.82%), Sodium: 258.2mg (11.23%), Alcohol: 0.1g (100%), Alcohol %: 0.14% (100%), Protein: 4.21g (8.42%), Manganese: 0.31mg (15.29%), Selenium: 10.64µg (15.2%), Vitamin B1: 0.18mg (12.29%), Folate: 48.29µg (12.07%), Vitamin B2: 0.19mg (11.3%), Fiber: 2.1g (8.4%), Vitamin C: 6.19mg (7.5%), Iron: 1.33mg (7.4%), Phosphorus: 72.43mg (7.24%), Vitamin B3: 1.4mg (7%), Vitamin A: 321.12IU (6.42%), Calcium: 58.86mg (5.89%), Vitamin B5: 0.38mg (3.83%), Vitamin D: 0.57µg (3.79%), Vitamin E: 0.54mg (3.59%), Magnesium: 13.1mg (3.28%), Copper: 0.07mg (3.28%), Vitamin B12: 0.18µg (3.04%), Zinc: 0.44mg (2.93%), Potassium: 99.75mg (2.85%), Vitamin K: 2.65µg (2.52%), Vitamin B6: 0.04mg (2.19%)