

# Raspberry Custard Kuchen

 Vegetarian

READY IN



55 min.

SERVINGS



12

CALORIES



229 kcal

DESSERT

## Ingredients

- 0.5 cup butter cold
- 2 eggs beaten
- 1 tablespoon flour all-purpose
- 1 cup heavy whipping cream
- 3 cups raspberries fresh
- 0.5 teaspoon salt
- 1 cup sugar
- 1 teaspoon vanilla extract

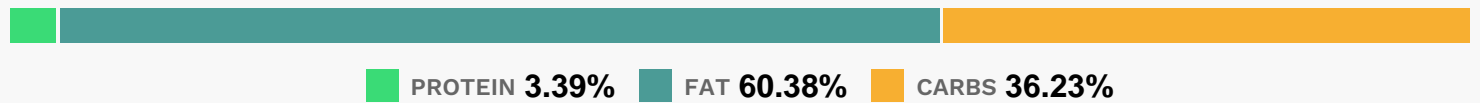
## Equipment

- bowl
- oven
- baking pan

## Directions

- In a bowl, combine 1 cup flour and salt; cut in butter until the mixture resembles coarse crumbs. Stir in cream; pat into a greased 13-in. x 9-in. baking dish.
- Combine the sugar and remaining flour; sprinkle over crust.
- Arrange raspberries over crust. In a large bowl, combine sugar and flour. Stir in eggs, cream and vanilla; pour over berries.
- Bake at 375° for 40–45 minutes or until lightly browned.
- Serve warm or chilled. Store in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:18.42, Glycemic Load:12.4, Inflammation Score:-4, Nutrition Score:3.9256521826205%

## Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 228.74kcal (11.44%), Fat: 15.78g (24.28%), Saturated Fat: 9.66g (60.37%), Carbohydrates: 21.31g (7.1%), Net Carbohydrates: 19.34g (7.03%), Sugar: 18.62g (20.68%), Cholesterol: 70.03mg (23.34%), Sodium: 173.99mg (7.56%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Protein: 1.99g (3.98%), Vitamin A: 577.41IU (11.55%), Manganese: 0.21mg (10.46%), Vitamin C: 7.98mg (9.67%), Fiber: 1.97g (7.87%), Vitamin B2: 0.09mg (5.41%), Vitamin E: 0.74mg (4.94%), Selenium: 3.31µg (4.73%), Phosphorus: 37.69mg (3.77%), Vitamin K: 3.66µg (3.49%), Vitamin D: 0.46µg (3.09%), Folate: 11.97µg (2.99%), Vitamin B5: 0.28mg (2.75%), Calcium: 27.32mg (2.73%), Magnesium: 9.24mg (2.31%), Potassium: 78.05mg (2.23%), Iron: 0.4mg (2.2%), Zinc: 0.28mg (1.89%), Vitamin B12: 0.11µg (1.88%), Copper: 0.04mg (1.84%), Vitamin B6: 0.04mg (1.83%), Vitamin B1: 0.02mg (1.46%), Vitamin B3: 0.24mg (1.2%)