



Raspberry Sliced

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



208 kcal

SIDE DISH

Ingredients

- 120 g raspberries fresh
- 80 g butter softened
- 80 g sugar
- 140 g eggs
- 3 tsp juice of lemon
- 1 tsp lemon zest
- 1 tsp vanilla extract
- 2 tbsp yogurt

- 120 g flour plain
- 1 tsp double-acting baking powder
- 0.1 tsp salt
- 60 g milk fresh

Equipment

- oven
- mixing bowl
- sieve
- cake form
- skewers

Directions

- Line a 7 inch (7 x 7 x
- square cake pan all sides up, set aside
- Sieve flour, baking powder and salt together, add lemon zest into and mix them well, set aside.
- In a mixing bowl, cream butter and sugar until light and fluffy, add 2 tbsp natural yoghurt or sour cream, mix well.
- Add eggs, one at a time. Stir in lemon juice and vanilla extract until well blended.
- Add flour mixture and milk alternately into creamed mixture, beating well after each addition.
- Gently fold in the raspberries into the creamed mixture, mix well and pour into the prepared cake pan.
- Bake at preheated oven 180C for about 30 minutes or when skewer inserted into cake and comes out clean.
- Remove cake from oven and set to cool for 10 minutes then unmould, leave to cool completely.
- Cut cake into 8 or 12 equal slices and dust some icing sugar or snow powder on top .

Nutrition Facts



■ PROTEIN 8.51% ■ FAT 45.01% ■ CARBS 46.48%

Properties

Glycemic Index:46.26, Glycemic Load:15.8, Inflammation Score:-3, Nutrition Score:5.7391304347826%

Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 207.52kcal (10.38%), Fat: 10.46g (16.09%), Saturated Fat: 5.96g (37.24%), Carbohydrates: 24.3g (8.1%), Net Carbohydrates: 22.89g (8.32%), Sugar: 11.47g (12.75%), Cholesterol: 88.15mg (29.38%), Sodium: 192.22mg (8.36%), Protein: 4.45g (8.9%), Selenium: 10.9µg (15.58%), Vitamin B2: 0.18mg (10.79%), Manganese: 0.21mg (10.51%), Folate: 39.88µg (9.97%), Vitamin B1: 0.14mg (9.09%), Phosphorus: 82.73mg (8.27%), Vitamin A: 366.69IU (7.33%), Calcium: 67.89mg (6.79%), Iron: 1.18mg (6.57%), Vitamin C: 5mg (6.06%), Fiber: 1.41g (5.65%), Vitamin B3: 1.01mg (5.05%), Vitamin B5: 0.45mg (4.45%), Vitamin B12: 0.23µg (3.86%), Vitamin E: 0.57mg (3.77%), Zinc: 0.47mg (3.11%), Vitamin D: 0.44µg (2.92%), Magnesium: 10.77mg (2.69%), Vitamin B6: 0.05mg (2.63%), Potassium: 87.68mg (2.51%), Copper: 0.05mg (2.5%), Vitamin K: 2µg (1.9%)