



Red, White, and Blue Cake

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



517 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 cups blueberries fresh
- ☐ 1 cup butter softened
- ☐ 1 cup buttermilk
- ☐ 2.5 cups cake flour all-purpose
- ☐ 1 tablespoon cocoa powder
- ☐ 2 large eggs
- ☐ 3 cups heavy whipping cream

- ☐ 1 cup powdered sugar
- ☐ 1 ounce food coloring red
- ☐ 0.3 teaspoon salt
- ☐ 3 pints strawberries fresh halved
- ☐ 1.5 cups sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1 teaspoon vinegar

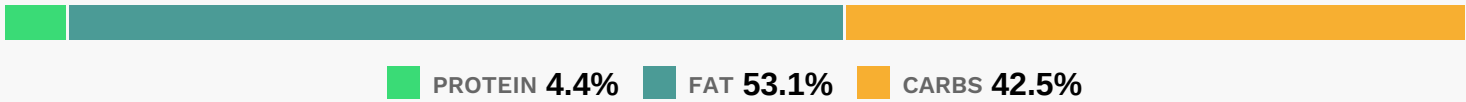
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 35
- ☐ Beat butter and sugar together in a large bowl; beat in eggs. Stir in buttermilk and next 3 ingredients.
- ☐ Combine flour and next 3 ingredients in a medium bowl.
- ☐ Add flour mixture to butter mixture, stirring until well blended.
- ☐ Pour batter into 2 greased and floured 8-inch round cake pans.
- ☐ Bake 30 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Remove from pans, and cool completely on a wire rack.
- ☐ Cut each cake layer in half horizontally to make 4 layers.
- ☐ Beat whipping cream and powdered sugar until soft peaks form.
- ☐ Spread one-fourth whipped cream mixture over 1 cake layer; top evenly with one-fourth berries. Repeat with remaining cake layers, whipping cream mixture, and berries.

Nutrition Facts



Properties

Glycemic Index:23.74, Glycemic Load:28.82, Inflammation Score:-8, Nutrition Score:13.009565384492%

Flavonoids

Cyanidin: 3.26mg, Cyanidin: 3.26mg, Cyanidin: 3.26mg, Cyanidin: 3.26mg Petunidin: 6.33mg, Petunidin: 6.33mg, Petunidin: 6.33mg, Petunidin: 6.33mg Delphinidin: 7.28mg, Delphinidin: 7.28mg, Delphinidin: 7.28mg, Delphinidin: 7.28mg Malvidin: 13.35mg, Malvidin: 13.35mg, Malvidin: 13.35mg, Malvidin: 13.35mg Pelargonidin: 23.52mg, Pelargonidin: 23.52mg, Pelargonidin: 23.52mg, Pelargonidin: 23.52mg Peonidin: 4.05mg, Peonidin: 4.05mg, Peonidin: 4.05mg, Peonidin: 4.05mg Catechin: 4.2mg, Catechin: 4.2mg, Catechin: 4.2mg, Catechin: 4.2mg Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 516.87kcal (25.84%), Fat: 31.28g (48.13%), Saturated Fat: 19.32g (120.74%), Carbohydrates: 56.35g (18.78%), Net Carbohydrates: 53.3g (19.38%), Sugar: 36.68g (40.75%), Cholesterol: 112.88mg (37.63%), Sodium: 250.16mg (10.88%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 5.83g (11.66%), Vitamin C: 57.85mg (70.12%), Manganese: 0.59mg (29.57%), Vitamin A: 1162.31IU (23.25%), Vitamin B2: 0.29mg (17.11%), Folate: 68.42µg (17.1%), Selenium: 11.9µg (17%), Vitamin B1: 0.21mg (14.29%), Fiber: 3.05g (12.21%), Phosphorus: 108.1mg (10.81%), Iron: 1.64mg (9.13%), Vitamin B3: 1.74mg (8.71%), Vitamin E: 1.27mg (8.47%), Vitamin K: 8.61µg (8.2%), Calcium: 77.41mg (7.74%), Potassium: 267.97mg (7.66%), Vitamin D: 1.1µg (7.35%), Magnesium: 25.8mg (6.45%), Copper: 0.12mg (5.78%), Vitamin B5: 0.54mg (5.36%), Vitamin B6: 0.1mg (4.93%), Zinc: 0.61mg (4.07%), Vitamin B12: 0.23µg (3.91%)