



Strawberry Country Cake

 Vegetarian

READY IN



75 min.

SERVINGS



12

CALORIES



462 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.3 cup cornstarch
- 4 extra large eggs at room temperature
- 2 cups flour all-purpose
- 1 cup heavy cream chilled ()
- 0.5 teaspoon kosher salt
- 0.5 teaspoon lemon zest grated
- 0.5 teaspoon orange zest grated

- 0.8 cup cup heavy whipping cream sour at room temperature
- 1 pint strawberries fresh hulled sliced
- 2 cups sugar
- 3 tablespoons sugar
- 12 tablespoons butter unsalted at room temperature ()
- 0.5 teaspoon vanilla extract pure

Equipment

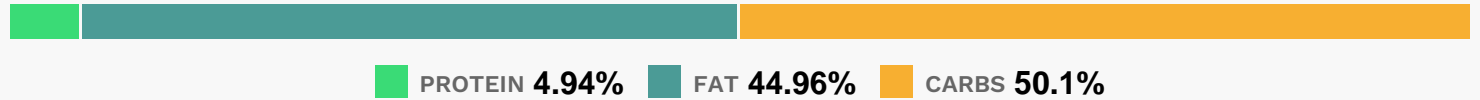
- bowl
- baking paper
- oven
- knife
- whisk
- blender
- hand mixer
- toothpicks

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Butter the bottom of two 8-inch cake pans. Then line them with parchment paper and butter and flour the lined pans.
- Cream the butter and sugar on high speed in the bowl of an electric mixer fitted with the paddle attachment until light and fluffy. On medium speed, add the eggs, 1 at a time, then the sour cream, zests, and vanilla, scraping down the bowl as needed.
- Mix well. Sift together the flour, cornstarch, salt, and baking soda. On low speed, slowly add the flour mixture to the butter mixture and combine just until smooth.
- Pour the batter evenly into the pans, smooth the tops, and bake in the center of the oven for 40 to 45 minutes, until a toothpick comes out clean.

- Let cool in the pans for 30 minutes, then remove to wire racks and let cool to room temperature. If using 1 cake, wrap the second well and freeze.
- To make the filling for one cake, whip the cream, sugar, and vanilla in a mixer fitted with the whisk attachment until firm. Slice one of the cakes in half with a long, sharp knife.
- Place the bottom slice of the cake on a serving platter, spread with 1/2 the whipped cream and scatter with sliced strawberries. Cover with the top slice of the cake and spread with the remaining cream. Decorate with strawberries.

Nutrition Facts



Properties

Glycemic Index:21.27, Glycemic Load:37.76, Inflammation Score:-6, Nutrition Score:8.8534782658453%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 9.8mg, Pelargonidin: 9.8mg, Pelargonidin: 9.8mg, Pelargonidin: 9.8mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 462.06kcal (23.1%), Fat: 23.52g (36.18%), Saturated Fat: 13.83g (86.42%), Carbohydrates: 58.97g (19.66%), Net Carbohydrates: 57.58g (20.94%), Sugar: 39.42g (43.8%), Cholesterol: 130.43mg (43.48%), Sodium: 227.39mg (9.89%), Alcohol: 0.06g (100%), Alcohol %: 0.04% (100%), Protein: 5.81g (11.62%), Vitamin C: 23.65mg (28.67%), Selenium: 14.51µg (20.73%), Vitamin A: 836.89IU (16.74%), Vitamin B2: 0.27mg (15.9%), Manganese: 0.31mg (15.27%), Folate: 58.47µg (14.62%), Vitamin B1: 0.19mg (12.55%), Phosphorus: 95.1mg (9.51%), Iron: 1.52mg (8.45%), Vitamin B3: 1.43mg (7.15%), Vitamin D: 0.9µg (6%), Vitamin E: 0.89mg (5.9%), Fiber: 1.39g (5.57%), Vitamin B5: 0.54mg (5.42%), Calcium: 51.6mg (5.16%), Potassium: 149.94mg (4.28%), Vitamin B12: 0.25µg (4.2%), Magnesium: 15.19mg (3.8%), Zinc: 0.56mg (3.7%), Copper: 0.07mg (3.68%), Vitamin B6: 0.07mg (3.65%), Vitamin K: 2.82µg (2.68%)