



Strawberry Shortcut Cake



Vegetarian

READY IN

ready

55 min.

SERVINGS

servings

8

CALORIES

calories

348 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 tablespoon confectioners' sugar
- ☐ 1 large eggs beaten
- ☐ 1 cup flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 1 tablespoon granulated sugar
- ☐ 1 cup heavy cream
- ☐ 0.5 teaspoon salt fine

- ☐ 2 pints strawberries
- ☐ 4 tablespoons butter unsalted melted
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 1 teaspoon vanilla extract pure
- ☐ 0.5 cup milk whole

Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ cake form
- ☐ serrated knife

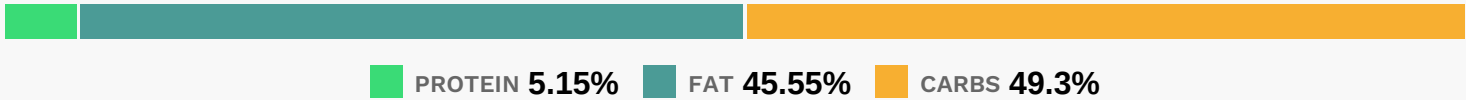
Directions

- ☐ For the cake: Preheat the oven to 375 degrees F. Butter an 8-inch round cake pan, line it with parchment paper, butter the paper, and dust the pan lightly with flour.
- ☐ Whisk the flour with the granulated sugar, baking powder, and salt in a medium bowl. Lightly whisk in the butter, egg, milk, and vanilla, just until smooth.
- ☐ Pour the batter into the prepared cake pan and bake until a toothpick inserted in the center comes out clean, about 25 minutes. Cool on a rack for 10 minutes, then turn it out of the pan, flip upright, and cool completely on the rack.
- ☐ For the strawberries and cream: Set aside 1 pint of the best-looking whole berries for topping the cake. Hull and thinly slice the rest of the berries and toss with the granulated sugar. Set aside. Whip the cream with the confectioners' sugar and vanilla to soft peaks. Refrigerate until ready to use.
- ☐ Cut the cake in half horizontally with a serrated knife.
- ☐ Place the bottom layer cut side up on a cake stand or serving plate.
- ☐ Drizzle the juices from the sliced berries over the cut sides of both halves. Fold a couple tablespoons of the whipped cream into the sliced berries and spread over the bottom layer.

Top with the other piece of cake, cut side down.

- ☐
- Spread the remaining whipped cream on the top of the cake and top the cake with the whole berries.
- ☐
- Cutting a cake into layers is easy as saw-spin-separate: Begin to saw the cake in half horizontally. Just before you reach the middle of the cake, give it a quarter turn. Continue to saw almost to the center, then give it another quarter turn and saw again until you reach your original point of entry. Saw completely through the cake's center and separate the layers.

Nutrition Facts



Properties

Glycemic Index:48.15, Glycemic Load:25.85, Inflammation Score:-7, Nutrition Score:11.917825968369%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 348.43kcal (17.42%), Fat: 18.07g (27.8%), Saturated Fat: 10.96g (68.5%), Carbohydrates: 44.02g (14.67%), Net Carbohydrates: 41.23g (14.99%), Sugar: 28.74g (31.93%), Cholesterol: 73.75mg (24.58%), Sodium: 223.6mg (9.72%), Alcohol: 0.26g (100%), Alcohol %: 0.15% (100%), Protein: 4.6g (9.2%), Vitamin C: 69.74mg (84.53%), Manganese: 0.57mg (28.46%), Folate: 61.32µg (15.33%), Vitamin A: 684.91IU (13.7%), Selenium: 9.07µg (12.96%), Vitamin B2: 0.22mg (12.7%), Vitamin B1: 0.17mg (11.23%), Fiber: 2.79g (11.16%), Phosphorus: 102.98mg (10.3%), Calcium: 94.61mg (9.46%), Iron: 1.42mg (7.88%), Potassium: 260.82mg (7.45%), Vitamin B3: 1.42mg (7.12%), Magnesium: 23.85mg (5.96%), Vitamin D: 0.87µg (5.82%), Vitamin E: 0.86mg (5.75%), Vitamin B6: 0.09mg (4.66%), Copper: 0.09mg (4.53%), Vitamin B5: 0.45mg (4.53%), Vitamin K: 4.16µg (3.96%), Zinc: 0.5mg (3.33%), Vitamin B12:

0.2μg (3.29%)