



Strawberry Tallcake

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



259 kcal

SIDE DISH

Ingredients

- 2 cups cup heavy whipping cream
- 1 tablespoon juice of lemon fresh
- 1 tablespoon lemon zest shredded finely
- 4 cups strawberries quartered
- 9 tbsp strawberry jam
- 6 tablespoons sugar divided

Equipment

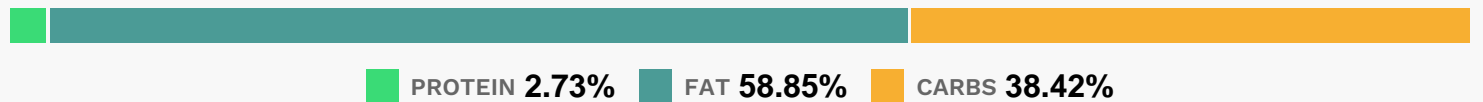
- bowl

- whisk
- serrated knife

Directions

- Make filling: In a large bowl, combine strawberries, 2 tbsp. sugar, the zest, and juice.
- Let sit 10 minutes.
- In a medium bowl, whisk cream with remaining 4 tbsp. sugar until it holds a stiff peak.
- Assemble cake: Using a serrated knife, slice both cake layers in half horizontally. Set rounded tops aside to use as middle layers. Dollop 1 tbsp. whipped cream onto the center of a cake stand (to hold cake in place).
- Place 1 of remaining layers on stand, cut side up.
- Spread with about 3 tbsp. jam.
- Sprinkle with about one-quarter of the sweetened strawberries, along with some juice. Then dollop one-quarter of the cream over strawberries. Repeat with second and third cake layers, using the reserved rounded tops.
- Place the remaining layer on the top of the cake, cut side down. Mound the remaining whipped cream in the center and spread to about 1 in. from the edge, then sprinkle with remaining strawberries.

Nutrition Facts



Properties

Glycemic Index:16.51, Glycemic Load:13.05, Inflammation Score:-5, Nutrition Score:5.8191304310508%

Flavonoids

Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.31mg, Pelargonidin: 14.31mg, Pelargonidin: 14.31mg, Pelargonidin: 14.31mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-

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Nutrients (% of daily need)

Calories: 258.64kcal (12.93%), Fat: 17.4g (26.77%), Saturated Fat: 10.96g (68.5%), Carbohydrates: 25.55g (8.52%), Net Carbohydrates: 24.13g (8.77%), Sugar: 20.18g (22.43%), Cholesterol: 53.79mg (17.93%), Sodium: 19.31mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.64%), Vitamin C: 37.09mg (44.96%), Vitamin A: 707.02IU (14.14%), Manganese: 0.23mg (11.52%), Vitamin B2: 0.12mg (6.94%), Fiber: 1.42g (5.67%), Vitamin D: 0.76µg (5.08%), Folate: 18.09µg (4.52%), Calcium: 45.2mg (4.52%), Phosphorus: 45.04mg (4.5%), Potassium: 149.86mg (4.28%), Vitamin E: 0.63mg (4.2%), Selenium: 2.07µg (2.95%), Magnesium: 11.72mg (2.93%), Vitamin K: 2.79µg (2.66%), Copper: 0.05mg (2.61%), Vitamin B6: 0.05mg (2.45%), Iron: 0.38mg (2.12%), Vitamin B5: 0.2mg (2.01%), Vitamin B1: 0.03mg (1.8%), Zinc: 0.21mg (1.39%), Vitamin B3: 0.26mg (1.32%), Vitamin B12: 0.08µg (1.27%)