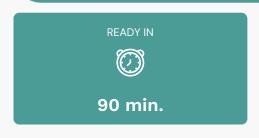


Strawberry Whipped Cream Cake



0.3 teaspoon salt fine





DESSERT

Ingredients

2 teaspoons double-acting baking powder
2 cups cake flour
6 large eggs separated
6 tablespoons granulated sugar
3 cups cup heavy whipping cream
1 tablespoon juice of lemon freshly squeezed (from)
1 teaspoon lemon zest packed finely grated
0.5 cup mascarpone cheese

	4 cups strawberries hulled rinsed	
	1 tablespoon vanilla extract	
	0.5 cup vegetable oil	
	0.3 cup water	
Eq	uipment	
	bowl	
	oven	
	mixing bowl	
	toothpicks	
	stand mixer	
	spatula	
	offset spatula	
	serrated knife	
	pastry brush	
Directions		
	Combine all ingredients in a medium nonreactive mixing bowl and toss to thoroughly coat strawberries.	
	Heat oven to 350°F and arrange rack in upper third. Butter and flour two (8-inch) cake pans. Sift flour, baking powder, and salt together into a mixing bowl; set aside.In the bowl of a stand mixer fitted with the whip attachment, combine vegetable oil, water, lemon zest, vanilla extract, egg yolks, and 11/4 cups of the sugar. Whip on medium speed, until mixture is airy and light in color, about 5 to 7 minutes. Turn off the mixer and scrape down the sides of the bowl; add dry ingredients and whip until smooth, about 1 minute more.In a clean bowl, whip egg whites to medium peaks.	
	Add remaining 1/4 cup sugar and continue whipping until stiff peaks form, about 1 minute more. Using a rubber spatula, fold 1/4 of the egg whites into the cake batter until evenly incorporated; gently fold in remaining egg whites until just combined. Divide batter between prepared cake pans.	
	Bake until surface of cakes springs back when pressed and a toothpick or cake tester inserted into the center comes out clean, about 30 to 35 minutes.	

	Place the cleaned bowl of the stand mixer and the whip attachment in the freezer for 10 minutes.	
	Combine vanilla extract, sugar, and heavy cream in the chilled bowl and whip at medium speed until medium peaks form, about 2 minutes. Cover and refrigerate until well chilled, at least one hour. (The frosting can be prepared up to 12 hours ahead.) To assemble: Using a long serrated knife, trim the tops of the cakes as necessary so they are level.	
	Place cake rounds on a clean, dry surface and, using a pastry brush, brush 1/2 of the reserved strawberry syrup on the cut side of the first cake round; repeat on the cut side of the second cake round. Evenly spread 1/4 of the mascarpone filling over the cut side of the bottom cake layer. Arrange strawberries standing upright, stem end down, over the mascarpone layer and trim as necessary to create an even layer. Cover berries with the remaining filling, being sure to fill in any empty space.	
	Place second cake layer over mascarpone and strawberries, cut side down, pressing gently to secure it. Using an offset spatula or a long, thin spatula, spread 3/4 cup of the frosting in a thir layer over the top and sides of the cake. Return remaining frosting and cake to the refrigerator until frosting on cake is set, about 15 minutes.	
	Spread the remaining frosting all over the top and sides of the cake.	
	Let sit in the refrigerator at least 15 minutes before serving.	
Nutrition Facts		
	PROTEIN 8% FAT 65.78% CARBS 26.22%	

Properties

Glycemic Index:22.42, Glycemic Load:15.24, Inflammation Score:-7, Nutrition Score:9.8591304758321%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Pelargonidin: 11.93mg, Pelargon

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Myricetin: 0.02mg, Myricet

Nutrients (% of daily need)

Calories: 413.79kcal (20.69%), Fat: 30.41g (46.78%), Saturated Fat: 17.43g (108.93%), Carbohydrates: 27.26g (9.09%), Net Carbohydrates: 25.78g (9.38%), Sugar: 10.41g (11.56%), Cholesterol: 169.61mg (56.54%), Sodium: 177.16mg (7.7%), Alcohol: 0.37g (100%), Alcohol %: 0.25% (100%), Protein: 8.32g (16.64%), Vitamin C: 29.28mg (35.49%), Selenium: 17.96µg (25.66%), Vitamin A: 1147.23IU (22.94%), Manganese: 0.36mg (18.05%), Vitamin B2: 0.25mg (14.8%), Phosphorus: 130.53mg (13.05%), Calcium: 117.03mg (11.7%), Vitamin D: 1.45µg (9.68%), Folate: 32.8µg (8.2%), Vitamin E: 1.18mg (7.89%), Vitamin B5: 0.69mg (6.89%), Vitamin K: 6.44µg (6.13%), Fiber: 1.48g (5.93%), Potassium: 188.72mg (5.39%), Iron: 0.96mg (5.35%), Vitamin B12: 0.32µg (5.3%), Magnesium: 19.07mg (4.77%), Zinc: 0.71mg (4.75%), Vitamin B6: 0.09mg (4.74%), Copper: 0.09mg (4.4%), Vitamin B1: 0.05mg (3.37%), Vitamin B3: 0.46mg (2.28%)