



Strawberry Whipped Cream Cake

READY IN



90 min.

SERVINGS



12

CALORIES



414 kcal

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
- 0.3 teaspoon salt fine

- 4 cups strawberries hulled rinsed
- 1 tablespoon vanilla extract
- 0.5 cup vegetable oil
- 0.3 cup water

Equipment

- 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 1 1/4 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 thin 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
 Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg
 Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg
 Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg
 Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg
 Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg
 Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg
 Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg
 Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg
 Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg
 Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg
 Naringenin: 0.14mg

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

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%)