



WHATSheATE

Sweet Cornmeal Cake with Berries and Cream



Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



306 kcal

DESSERT

Ingredients

- ☐ 1 pint blackberries fresh
- ☐ 0.8 cup buttermilk
- ☐ 2 tablespoon yeast dry
- ☐ 1 cup fine-ground cornmeal (pre-grind it in a food processor to ensure a delicate texture)
- ☐ 1.5 cup flour all-purpose
- ☐ 1 cup heavy cream
- ☐ 1 lemon zest
- ☐ 1 pinch sugar for cream and more for sprinkling

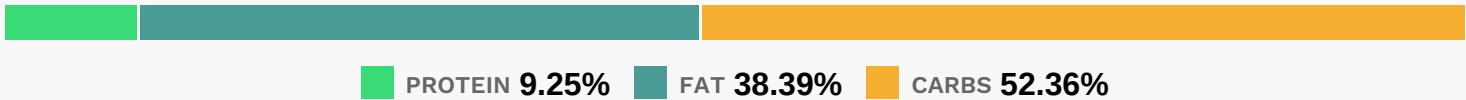
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ cake form

Directions

- ☐ * 3/4 cup buttermilk * 2 tablespoons dry yeast * 1 cup fine-ground cornmeal (pregrind it in a food processor to ensure a delicate texture) * 1-½ cups all-purpose flour * 1 cup sugar, plus 3 tablespoons for cream and more for sprinkling * 2 large eggs, beaten * Grated zest of 1 lemon * 1 cup heavy cream * 1 pint fresh blackberriescornmeal cake with berries and cream
- ☐ Generously butter a 10-inch, 2 piece angel food cake pan. Set aside.In a large mixing bowl, whisk together the milk and yeast. Gradually whisk in the cornmeal, flour, sugar, eggs, and lemon zest.
- ☐ Whisk until the ingredients are well blended. Turn the batter into the prepared pan. It will be fairly thick.
- ☐ Let let the prepared pan rest for 30 minutes while the oven preheats the oven to 350F.
- ☐ Brush the top of the cake with a generous amount of water and sprinkle the top of the batter generously with sugar.
- ☐ Bake for 40 minutes until slightly browned on top.
- ☐ Let the cake cool completely, then turn it out of the pan.
- ☐ Serve with lightly sweetened whipped cream and berries.

Nutrition Facts



Properties

Glycemic Index:33.7, Glycemic Load:22.65, Inflammation Score:-7, Nutrition Score:12.656086973522%

Flavonoids

Cyanidin: 59.12mg, Cyanidin: 59.12mg, Cyanidin: 59.12mg, Cyanidin: 59.12mg Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 21.92mg, Catechin: 21.92mg, Catechin: 21.92mg, Catechin: 21.92mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.76mg, Epicatechin: 2.76mg, Epicatechin: 2.76mg, Epicatechin: 2.76mg Epigallocatechin 3–gallate: 0.4mg, Epigallocatechin 3–gallate: 0.4mg, Epigallocatechin 3–gallate: 0.4mg, Epigallocatechin 3–gallate: 0.4mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 306.25kcal (15.31%), Fat: 13.25g (20.39%), Saturated Fat: 7.53g (47.08%), Carbohydrates: 40.66g (13.55%), Net Carbohydrates: 34.67g (12.61%), Sugar: 5.38g (5.98%), Cholesterol: 36.09mg (12.03%), Sodium: 34.07mg (1.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.18g (14.37%), Manganese: 0.67mg (33.68%), Vitamin B1: 0.38mg (25.49%), Fiber: 5.98g (23.94%), Folate: 90.25µg (22.56%), Vitamin B2: 0.28mg (16.76%), Vitamin C: 13.57mg (16.45%), Selenium: 11.18µg (15.98%), Vitamin B3: 2.7mg (13.51%), Phosphorus: 125.88mg (12.59%), Vitamin K: 12.84µg (12.23%), Vitamin A: 601.4IU (12.03%), Iron: 2.11mg (11.74%), Magnesium: 43.24mg (10.81%), Copper: 0.19mg (9.67%), Vitamin B6: 0.18mg (9.01%), Zinc: 1.33mg (8.88%), Potassium: 254.28mg (7.27%), Vitamin E: 1.07mg (7.14%), Calcium: 68.68mg (6.87%), Vitamin B5: 0.68mg (6.83%), Vitamin D: 0.77µg (5.12%), Vitamin B12: 0.15µg (2.53%)