



Tennessee Jam Cake

READY IN



45 min.

SERVINGS



16

CALORIES



236 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apple sauce sweetened
- ☐ 0.5 cup garnish: blackberry jam
- ☐ 1 cup buttermilk
- ☐ 3 large eggs
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 18.3 ounce spice cake mix
- ☐ 0.3 cup vegetable oil

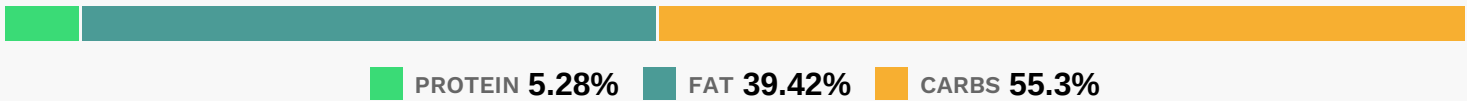
Equipment

- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat the first 6 ingredients at low speed with an electric mixer for 1 minute. Scrape down sides, and beat at medium speed 2 more minutes until well blended, stopping to scrape down sides, if needed.
- ☐ Pour batter evenly into 2 (9-inch) round cakepans.
- ☐ Bake at 350 for 26 to 28 minutes or until cakes are light brown and spring back when pressed with your finger.
- ☐ Cool in pans on wire racks for 10 minutes.
- ☐ Remove from pans; cool completely on wire racks.
- ☐ Place one layer on a serving platter, and spread 1/2 cup of jam on top of layer.
- ☐ Spread warm Quick Caramel Frosting smoothly over jam. Top with remaining cake layer.
- ☐ Spread top and sides of cake with remaining Quick Caramel Frosting, working quickly before the frosting hardens. (If frosting becomes too hard to spread, place it over low heat for 1 minute, stirring constantly.)
- ☐ Let cake stand 10 minutes.
- ☐ Note: For testing purposes only, we used Knott's Berry Farm Blackberry Jam.

Nutrition Facts



Properties

Glycemic Index:5.69, Glycemic Load:4.19, Inflammation Score:-1, Nutrition Score:4.9034782337106%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 235.91kcal (11.8%), Fat: 10.4g (16.01%), Saturated Fat: 2.39g (14.95%), Carbohydrates: 32.84g (10.95%), Net Carbohydrates: 32.1g (11.67%), Sugar: 21.47g (23.86%), Cholesterol: 36.53mg (12.18%), Sodium: 245.02mg (10.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.27%), Phosphorus: 106.69mg (10.67%), Vitamin K: 10.53µg (10.03%), Iron: 1.76mg (9.75%), Manganese: 0.19mg (9.7%), Vitamin B2: 0.16mg (9.17%), Vitamin B1: 0.12mg (8.25%), Selenium: 4.34µg (6.2%), Folate: 22.97µg (5.74%), Calcium: 55.54mg (5.55%), Copper: 0.1mg (5.11%), Potassium: 155.53mg (4.44%), Vitamin B3: 0.85mg (4.27%), Vitamin E: 0.57mg (3.78%), Fiber: 0.74g (2.96%), Vitamin B5: 0.28mg (2.81%), Vitamin D: 0.38µg (2.55%), Vitamin B12: 0.15µg (2.54%), Magnesium: 10.01mg (2.5%), Zinc: 0.3mg (2.02%), Vitamin B6: 0.04mg (1.91%), Vitamin A: 77.91IU (1.56%), Vitamin C: 1.05mg (1.27%)