



Three Berry Butter Cake

READY IN



120 min.

SERVINGS



12

CALORIES



323 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 6 cups poached berries mixed ()
- ☐ 2.5 cups cake flour (not self-rising)
- ☐ 2 tablespoons powdered sugar
- ☐ 3 large eggs at room temperature
- ☐ 1.3 cups granulated sugar
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 2 teaspoons lemon zest fresh finely grated
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup butter unsalted
- ☐ 1 teaspoon vanilla

Equipment

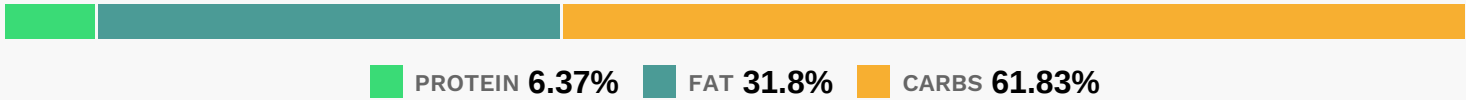
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ baking pan
- ☐ hand mixer
- ☐ wax paper
- ☐ spatula

Directions

- ☐ Preheat oven to 350°F. Grease a 13- by 9- by 2-inch metal baking pan, then line bottom with wax paper and grease paper.
- ☐ Heat butter with cream in a small saucepan over low heat until melted, then cool.
- ☐ Beat eggs, granulated sugar, and salt with an electric mixer on high speed until mixture is thick, pale, and forms a ribbon when beaters are lifted, about 5 minutes with a standing mixer or about 12 minutes with a handheld.
- ☐ Add zest, baking powder, and vanilla and mix on low speed until blended.
- ☐ Add 1 1/4 cups flour and half of butter mixture and mix on low speed until blended.
- ☐ Mix in remaining butter and 1 1/4 cups flour in same manner. Increase speed to medium and beat 1 minute with a standing mixer or 2 minutes with a handheld, or until batter is thick and sticky.
- ☐ Add berries and carefully fold in with a rubber spatula until barely combined. (Raspberries will begin to fall apart, and batter will look slightly pink.) Spoon batter into baking pan, gently smoothing top.
- ☐ Bake in middle of oven until springy to the touch and a tester inserted into center comes out clean, 45 to 50 minutes. Cool completely in pan on a rack.

- ☐
- Run a knife around edge of cake, then invert rack over cake and flip cake onto it.
- ☐
- Remove wax paper and reinvert onto a platter.
- ☐
- Just before serving, dust with confectioners sugar.

Nutrition Facts



Properties

Glycemic Index:19.09, Glycemic Load:26.95, Inflammation Score:-4, Nutrition Score:6.1726086968961%

Flavonoids

Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 322.95kcal (16.15%), Fat: 11.65g (17.92%), Saturated Fat: 6.49g (40.59%), Carbohydrates: 50.94g (16.98%), Net Carbohydrates: 48.19g (17.52%), Sugar: 28.98g (32.2%), Cholesterol: 72.44mg (24.15%), Sodium: 189.27mg (8.23%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 5.25g (10.49%), Selenium: 14.63µg (20.91%), Manganese: 0.33mg (16.3%), Vitamin K: 13.65µg (13%), Fiber: 2.75g (11.02%), Vitamin A: 413.09IU (8.26%), Phosphorus: 78.35mg (7.83%), Vitamin B2: 0.12mg (6.99%), Calcium: 62.59mg (6.26%), Vitamin E: 0.87mg (5.82%), Folate: 20.42µg (5.1%), Copper: 0.09mg (4.31%), Vitamin B5: 0.43mg (4.27%), Vitamin B6: 0.08mg (3.96%), Iron: 0.69mg (3.82%), Vitamin B1: 0.05mg (3.49%), Vitamin B3: 0.68mg (3.41%), Magnesium: 12.69mg (3.17%), Vitamin D: 0.47µg (3.14%), Zinc: 0.46mg (3.07%), Vitamin C: 2.4mg (2.91%), Potassium: 93.75mg (2.68%), Vitamin B12: 0.14µg (2.25%)