



Valentine Cake

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



243 kcal

DESSERT

Ingredients

- 6 tablespoons butter unsalted melted plus more for pan
- 1.3 cups flour all-purpose plus more for pan sifted
- 1 cup granulated sugar
- 6 large eggs
- 1 teaspoon vanilla extract pure
- 2 pints raspberries

Equipment

- bowl

- frying pan
- baking paper
- oven
- whisk
- mixing bowl
- wire rack
- pot
- hand mixer
- cake form
- spatula
- offset spatula
- cutting board
- serrated knife

Directions

- Heat oven to 350 degrees. Butter an 11 1/2-by-9 1/4-by-2 1/2-inch heart-shaped cake pan and line with parchment paper. Butter and flour the parchment paper, and set aside.
- Set the bowl of an electric mixer over, but not touching, a pot of simmering water.
- Combine the granulated sugar and eggs in the bowl, and whisk until mixture is warm to the touch, about 2 minutes.
- Transfer the bowl to an electric mixer fitted with a whisk attachment, and beat on high speed until the mixture is very thick and pale, about 4 minutes. With a rubber spatula, gently transfer the mixture to a large mixing bowl. Sift in the flour in three additions, folding gently after each.
- Combine the butter and the vanilla, and add in a steady stream as you fold in the third addition of flour. Fold gently, and transfer to prepared pan. Smooth the top with an offset spatula.
- Bake until the cake is springy to the touch and golden brown, about 40 minutes.
- Transfer to a wire rack to cool completely. When ready to use, turn out cake onto a cutting board or a cake turntable covered with parchment paper, and carefully peel the parchment paper off the cake.
- To assemble: Using a serrated knife, cut cake in half horizontally.

- Brush cut sides of cake liberally with simple syrup.
- Spread bottom layer to within 1/2 inch of edge with half of the whipped cream. Cover cream with an even layer of raspberries.
- Spread remaining whipped cream over berries.
- Place top of cake cut side down over cream. Dust with confectioners' sugar and cocoa powder, if desired.

Nutrition Facts



Properties

Glycemic Index:14.26, Glycemic Load:20.41, Inflammation Score:-5, Nutrition Score:9.6873913536901%

Flavonoids

Cyanidin: 36.1mg, Cyanidin: 36.1mg, Cyanidin: 36.1mg, Cyanidin: 36.1mg Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg Delphinidin: 1.04mg, Delphinidin: 1.04mg, Delphinidin: 1.04mg, Delphinidin: 1.04mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Pelargonidin: 0.77mg, Pelargonidin: 0.77mg, Pelargonidin: 0.77mg, Pelargonidin: 0.77mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 242.63kcal (12.13%), Fat: 8.76g (13.47%), Saturated Fat: 4.41g (27.59%), Carbohydrates: 36.81g (12.27%), Net Carbohydrates: 31.31g (11.38%), Sugar: 20.3g (22.55%), Cholesterol: 108.05mg (36.02%), Sodium: 37.53mg (1.63%), Alcohol: 0.11g (100%), Alcohol %: 0.1% (100%), Protein: 5.59g (11.18%), Manganese: 0.63mg (31.59%), Vitamin C: 20.66mg (25.04%), Fiber: 5.5g (22%), Selenium: 12.71µg (18.16%), Folate: 53.94µg (13.48%), Vitamin B2: 0.22mg (12.86%), Vitamin B1: 0.14mg (9.64%), Iron: 1.64mg (9.09%), Phosphorus: 89.07mg (8.91%), Vitamin E: 1.12mg (7.46%), Vitamin B5: 0.71mg (7.11%), Vitamin A: 335.95IU (6.72%), Vitamin B3: 1.31mg (6.57%), Vitamin K: 6.76µg (6.44%), Magnesium: 23.59mg (5.9%), Copper: 0.11mg (5.58%), Zinc: 0.76mg (5.06%), Potassium: 170.95mg (4.88%), Vitamin B6: 0.09mg (4.61%), Vitamin D: 0.61µg (4.03%), Vitamin B12: 0.23µg (3.91%), Calcium: 37.68mg (3.77%)