



Any-occasion cake

 Vegetarian

READY IN



205 min.

SERVINGS



12

CALORIES



401 kcal

DESSERT

Ingredients

- ☐ 450 g fruit mixed dried
- ☐ 100 g raisin
- ☐ 100 g glacé cherries
- ☐ 1 lemon zest grated
- ☐ 1 orange zest grated
- ☐ 150 ml cooking sherry
- ☐ 175 g brown sugar soft
- ☐ 100 g flour plain

- ☐ 50 g self-raising flour
- ☐ 50 g ground almonds
- ☐ 1 tsp spice mixed
- ☐ 175 g butter softened
- ☐ 3 eggs

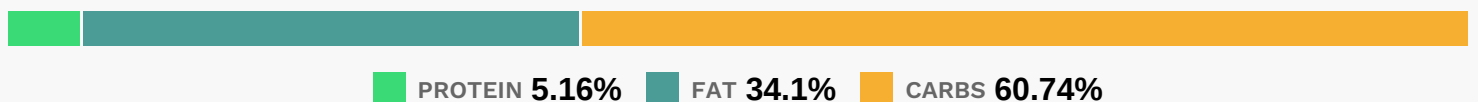
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ cake form
- ☐ skewers

Directions

- ☐ Tip the fruits and zests into a bowl, pour over the sherry and leave to marinate overnight. Grease and line the bottom and sides of a deep 20cm cake tin with a double layer of baking parchment.
- ☐ Heat oven to 140C/fan 120C/gas
- ☐ Mix all of the dry ingredients in a large bowl, together with the butter and eggs. If the mixture starts to curdle you can add a little more plain flour. Stir in the fruit, discarding any sherry that has not been absorbed, then spoon the mixture into the tin. Smooth the surface and make a small dent in the middle.
- ☐ Bake in the centre of the oven for 2 hrs until the cake is dark golden brown in colour; an inserted skewer should come out clean. If the top of the cake browns too quickly, cover it with a layer of baking parchment. Leave it in the tin for about 10 mins before turning it out onto a wire rack, then leave it to cool.
- ☐ Serve plain or with the icing or decoration of your choice.

Nutrition Facts



Properties

Glycemic Index:24.73, Glycemic Load:16.41, Inflammation Score:-4, Nutrition Score:7.5926086695298%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 400.67kcal (20.03%), Fat: 15.53g (23.89%), Saturated Fat: 8.09g (50.56%), Carbohydrates: 62.23g (20.74%), Net Carbohydrates: 56.96g (20.71%), Sugar: 36.37g (40.41%), Cholesterol: 72.27mg (24.09%), Sodium: 120.59mg (5.24%), Alcohol: 1.31g (100%), Alcohol %: 1.32% (100%), Protein: 5.28g (10.57%), Fiber: 5.27g (21.07%), Manganese: 0.36mg (17.85%), Selenium: 8.49µg (12.13%), Potassium: 387.94mg (11.08%), Iron: 1.94mg (10.76%), Calcium: 100.03mg (10%), Magnesium: 35.59mg (8.9%), Vitamin B2: 0.15mg (8.72%), Vitamin A: 432.56IU (8.65%), Copper: 0.17mg (8.49%), Vitamin B1: 0.12mg (7.83%), Phosphorus: 73.03mg (7.3%), Vitamin K: 7.04µg (6.7%), Folate: 26.54µg (6.63%), Vitamin B6: 0.1mg (4.77%), Vitamin B3: 0.92mg (4.59%), Vitamin B5: 0.44mg (4.37%), Vitamin E: 0.62mg (4.12%), Zinc: 0.54mg (3.59%), Vitamin C: 2.94mg (3.57%), Vitamin B12: 0.12µg (2.04%), Vitamin D: 0.22µg (1.47%)