



Apple and Olive Oil Cake with Maple Icing

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



796 kcal

DESSERT

Ingredients

- ☐ 0.5 tsp double-acting baking powder
- ☐ 1.3 tsp baking soda
- ☐ 7 tbsp butter unsalted at room temperature
- ☐ 8 oz cream cheese at room temperature
- ☐ 0.5 cup g muscovado sugar light
- ☐ 2 egg whites free-range
- ☐ 2 eggs free-range lightly beaten
- ☐ 2.3 cups flour all-purpose

- ☐ 3 large apples i use 2 granny smith apples cored peeled cut into 3/8-inch / 1-cm dice
- ☐ 0.5 tsp ground cinnamon
- ☐ 1 lemon zest grated
- ☐ 6 tbsp maple syrup
- ☐ 0.5 cup olive oil
- ☐ 0.5 cup raisins
- ☐ 0.3 tsp salt
- ☐ 0.8 cup caster sugar
- ☐ 0.5 vanilla pod
- ☐ 4 tbsp water

Equipment

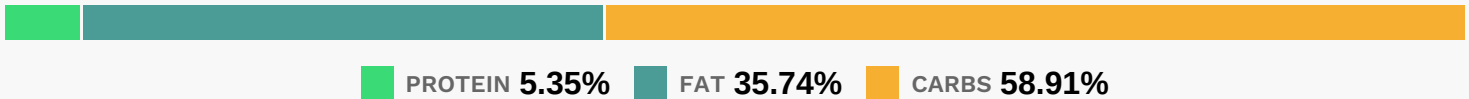
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ cake form
- ☐ stand mixer
- ☐ skewers
- ☐ offset spatula
- ☐ serrated knife

Directions

- ☐ Grease an 8-inch / 20-cm springform cake pan and line the bottom and sides with parchment paper.

- ☐ Place the raisins and water in a medium saucepan and simmer over low heat until all of the water has been absorbed. Leave to cool.
- ☐ Preheat the oven to 325°F / 170°C. Sift together the flour, cinnamon, salt, baking powder, and baking soda and set aside.
- ☐ Put the oil and superfine sugar in the bowl of a stand mixer fitted with a paddle attachment (or use a whisk if you don't have a mixer). Slit the vanilla bean lengthwise in half and, using a sharp knife, scrape the seeds out into the bowl. Beat the oil, sugar, and vanilla together, then gradually add the eggs. The mix should be smooth and thick at this stage.
- ☐ Mix in the diced apples, raisins, and lemon zest, then lightly fold in the sifted dry ingredients.
- ☐ Whisk the egg whites in a clean bowl, either by hand or with a mixer, until they have a soft meringue consistency. Fold them into the batter in 2 additions, trying to maintain as much air as possible.
- ☐ Pour the batter into the lined pan, level it with an icing spatula, and place in the oven.
- ☐ Bake for 1 1/2 hours, until a skewer inserted into the center comes out clean.
- ☐ Remove from the oven and leave to cool in the pan.
- ☐ Once the cake is completely cold, you can assemble it.
- ☐ Remove from the pan and use a large serrated knife to cut it in half horizontally. You should end up with 2 similar disks. If the cake is very domed, you might need to shave a bit off the top half to level it.
- ☐ To make the icing, beat together the butter, muscovado sugar, and maple syrup until light and airy. You can do this by hand, or preferably, in a mixer, fitted with the paddle attachment.
- ☐ Add the cream cheese and beat until the icing is totally smooth.
- ☐ Using the icing spatula, spread a layer of icing 3/8 inch / 1 cm thick over the bottom half of the cake. Carefully place the top half on it. Spoon the rest of the icing on top and use the icing spatula to create a wavelike or any other pattern. Dust it with confectioners' sugar, if you like.

Nutrition Facts



Properties

Glycemic Index:66.07, Glycemic Load:58.07, Inflammation Score:-7, Nutrition Score:16.003043516822%

Flavonoids

Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 795.55kcal (39.78%), Fat: 32.31g (49.71%), Saturated Fat: 17.23g (107.67%), Carbohydrates: 119.82g (39.94%), Net Carbohydrates: 114.83g (41.76%), Sugar: 68.04g (75.6%), Cholesterol: 128.36mg (42.79%), Sodium: 570.94mg (24.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.89g (21.77%), Manganese: 0.91mg (45.59%), Vitamin B2: 0.75mg (43.86%), Selenium: 26.27µg (37.53%), Vitamin B1: 0.43mg (28.67%), Folate: 101.01µg (25.25%), Vitamin A: 1062.2IU (21.24%), Fiber: 4.99g (19.94%), Iron: 3.19mg (17.7%), Phosphorus: 156.3mg (15.63%), Vitamin B3: 3.11mg (15.55%), Calcium: 130.36mg (13.04%), Potassium: 432.11mg (12.35%), Vitamin E: 1.62mg (10.79%), Vitamin C: 7.08mg (8.58%), Copper: 0.17mg (8.51%), Magnesium: 32.44mg (8.11%), Vitamin B5: 0.78mg (7.84%), Vitamin B6: 0.15mg (7.29%), Vitamin K: 6.83µg (6.5%), Zinc: 0.95mg (6.31%), Vitamin B12: 0.25µg (4.18%), Vitamin D: 0.54µg (3.61%)