



Apple & walnut cake with treacle icing

 Popular

READY IN



65 min.

SERVINGS



10

CALORIES



671 kcal

DESSERT

Ingredients

- ☐ 300 g flour plain
- ☐ 1 tsp ground cinnamon
- ☐ 0.5 tsp bicarbonate of soda
- ☐ 140 g brown sugar dark soft
- ☐ 50 g golden caster sugar
- ☐ 250 ml unrefined sunflower oil
- ☐ 4 eggs
- ☐ 3 apples grated unpeeled

- ☐ 100 g walnuts roughly chopped
- ☐ 100 g butter softened
- ☐ 50 g brown sugar dark soft
- ☐ 1 tbsp treacle black
- ☐ 200 g full fat cheese soft

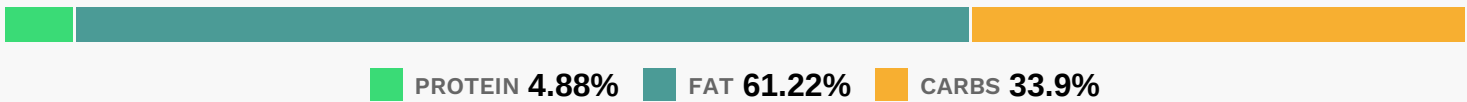
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ skewers

Directions

- ☐ Heat oven to 150C/130C fan/gas
- ☐ Line two 20cm cake tins.
- ☐ Put the flour, cinnamon and bicarbonate of soda in a big bowl, then stir in the sugars, making sure there are no lumps of sugar.
- ☐ Add the oil, eggs and apples, and beat everything together. Fold in the walnuts then divide the mixture between the tins and bake for 45 mins or until a skewer comes out clean. Allow to cool for a few mins in the tin then remove and cool completely on a wire rack.
- ☐ For the icing, beat all the ingredients together then chill until the mixture is thick but spreadable.
- ☐ Spread half the icing on top of one cake, sandwich with the other and spread the remaining icing on top

Nutrition Facts



Properties

Glycemic Index:20.9, Glycemic Load:19, Inflammation Score:-6, Nutrition Score:13.628695612368%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.11mg, Epicatechin: 4.11mg, Epicatechin: 4.11mg, Epicatechin: 4.11mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 671.14kcal (33.56%), Fat: 46.61g (71.71%), Saturated Fat: 12.68g (79.24%), Carbohydrates: 58.07g (19.36%), Net Carbohydrates: 55.14g (20.05%), Sugar: 31.41g (34.9%), Cholesterol: 107.17mg (35.72%), Sodium: 223.11mg (9.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.37g (16.73%), Vitamin E: 10.24mg (68.29%), Manganese: 0.63mg (31.65%), Selenium: 18.18µg (25.97%), Vitamin B1: 0.29mg (19.41%), Folate: 76.97µg (19.24%), Vitamin B2: 0.31mg (18.08%), Iron: 2.55mg (14.19%), Phosphorus: 133.26mg (13.33%), Vitamin A: 645.79IU (12.92%), Copper: 0.25mg (12.27%), Fiber: 2.93g (11.71%), Vitamin B3: 2mg (9.99%), Magnesium: 34.16mg (8.54%), Calcium: 81.76mg (8.18%), Potassium: 250.75mg (7.16%), Vitamin B6: 0.14mg (7.05%), Vitamin B5: 0.65mg (6.49%), Zinc: 0.89mg (5.93%), Vitamin K: 4.06µg (3.87%), Vitamin B12: 0.22µg (3.63%), Vitamin C: 2.65mg (3.21%), Vitamin D: 0.35µg (2.35%)