



Apricot & blueberry crumble cake

 Vegetarian

READY IN



65 min.

SERVINGS



12

CALORIES



331 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 200 g butter softened
- ☐ 225 g brown sugar
- ☐ 225 g self raising flour
- ☐ 1 tsp double-acting baking powder
- ☐ 3 eggs beaten
- ☐ 2 tbsp milk
- ☐ 150 g vanilla yogurt
- ☐ 225 g blueberries

- ☐ 25 g butter
- ☐ 3 tbsp self raising flour
- ☐ 3 tbsp little demerara sugar
- ☐ 1 tsp ground cinnamon
- ☐ 300 g frangelico halved drained canned
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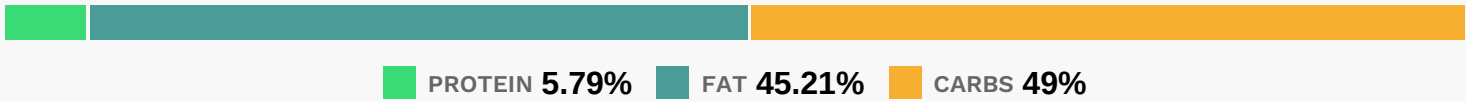
Equipment

- ☐ oven
- ☐ skewers

Directions

- ☐ Line an oblong traybake tin (21 x 30cm) with baking parchment and heat oven to 180C/fan 160C/gas
- ☐ Beat the butter, sugar, flour, baking powder, eggs and milk together until creamy. Spoon into the tin, level the top, then bake for 25 mins until almost set.
- ☐ Meanwhile, get the yogurt and fruit at the ready and make the crumble by rubbing all the ingredients together.
- ☐ When cake has baked for 25 mins, whip it out of the oven. Working quickly, spoon over the yogurt, scatter over the fruit, then top with the crumble. Return to oven for 15–20 mins until a skewer comes out clean.
- ☐ Serve warm as a pudding, or cooled and cut into squares with tea.

Nutrition Facts



Properties

Glycemic Index:34.08, Glycemic Load:10.69, Inflammation Score:-4, Nutrition Score:5.1073913107748%

Flavonoids

Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg Petunidin: 5.91mg, Petunidin: 5.91mg, Petunidin: 5.91mg, Petunidin: 5.91mg Delphinidin: 6.64mg, Delphinidin: 6.64mg, Delphinidin: 6.64mg, Delphinidin: 6.64mg Malvidin: 12.67mg, Malvidin: 12.67mg, Malvidin: 12.67mg, Malvidin: 12.67mg Peonidin: 3.8mg, Peonidin: 3.8mg, Peonidin: 3.8mg, Peonidin: 3.8mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 330.94kcal (16.55%), Fat: 16.89g (25.99%), Saturated Fat: 10.19g (63.66%), Carbohydrates: 41.19g (13.73%), Net Carbohydrates: 40.13g (14.59%), Sugar: 25g (27.77%), Cholesterol: 82.16mg (27.39%), Sodium: 191.98mg (8.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.74%), Selenium: 12.61µg (18.02%), Manganese: 0.28mg (14.02%), Vitamin A: 548.56IU (10.97%), Calcium: 79.93mg (7.99%), Phosphorus: 77.13mg (7.71%), Vitamin B2: 0.11mg (6.19%), Vitamin E: 0.75mg (4.99%), Vitamin K: 5.11µg (4.87%), Fiber: 1.06g (4.23%), Vitamin B5: 0.41mg (4.06%), Folate: 15.2µg (3.8%), Iron: 0.65mg (3.59%), Vitamin B12: 0.21µg (3.49%), Copper: 0.07mg (3.37%), Zinc: 0.49mg (3.25%), Potassium: 112.56mg (3.22%), Magnesium: 12.23mg (3.06%), Vitamin B6: 0.05mg (2.59%), Vitamin B1: 0.04mg (2.36%), Vitamin C: 1.93mg (2.34%), Vitamin B3: 0.34mg (1.7%), Vitamin D: 0.25µg (1.65%)