



Bitter orange & poppy seed cake

READY IN



75 min.

SERVINGS



8

CALORIES



428 kcal

DESSERT

Ingredients

- 3 tbsp marmalade thick cut thick (we used Frank Cooper's Oxford marmalade)
- 150 g pot natural bio yogurt
- 3 eggs
- 175 g golden caster sugar
- 200 g self-raising flour
- 0.5 tsp double-acting baking powder
- 175 g butter softened
- 1 orange zest
- 2 tsp poppy seed toasted

- 0.5 juice of orange
- 5 tbsp marmalade

Equipment

- bowl
- frying pan
- baking paper
- oven
- whisk
- microwave
- skewers

Directions

- Heat oven to 160C/fan 140C/gas
- Butter a deep, medium-sized loaf tin (about 20 x 10cm, measured from the top), then line the base with a rectangle of non-stick baking paper.
- Put the marmalade into a small pan, heat gently until melted (or use a microwaveproof jug or bowl, then cook on High for 30 secs). Beat in the yogurt, then let cool for a few mins.
- Put the remaining cake ingredients into a large bowl and beat with an electric hand whisk until smooth. Quickly beat in the yogurt and marmalade mix, then pour into the prepared tin. It will be quite runny. Leave the mix mounded in the middle of the tin rather than levelling the top, to help it rise and crack in the middle.
- Bake for 1 hr-1 hr 10 mins until golden and well-risen; a skewer should come out clean. Take a look at the cake after 45 mins; if it has taken on a lot of colour, loosely cover with baking paper. Meanwhile, heat the orange juice and marmalade in a small pan over a gentle heat until the marmalade melts (or use the microwave as before). Set aside to cool, stirring now and again, until you have a thick, but still runny, glaze. When the cake is ready, cool in the tin for 10 mins, then turn onto a rack. Spoon the topping over the cake while its just warm. The cake is best served the day its made, but will keep for up to 3 days tightly wrapped in an airtight container. Will freeze for up to 1 month, un-glazed.

Nutrition Facts



■ PROTEIN 5.72% ■ FAT 42.99% ■ CARBS 51.29%

Properties

Glycemic Index:49.38, Glycemic Load:19.65, Inflammation Score:-4, Nutrition Score:6.2900000085001%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 427.82kcal (21.39%), Fat: 20.65g (31.77%), Saturated Fat: 12.25g (76.56%), Carbohydrates: 55.42g (18.47%), Net Carbohydrates: 54.3g (19.74%), Sugar: 32.28g (35.87%), Cholesterol: 110.85mg (36.95%), Sodium: 216.48mg (9.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.19g (12.37%), Selenium: 16.4µg (23.43%), Manganese: 0.27mg (13.64%), Vitamin A: 668.62IU (13.37%), Phosphorus: 98mg (9.8%), Calcium: 92.87mg (9.29%), Vitamin B2: 0.14mg (8.4%), Vitamin C: 5.78mg (7%), Folate: 22.54µg (5.64%), Vitamin E: 0.83mg (5.56%), Copper: 0.1mg (5.19%), Vitamin B5: 0.51mg (5.09%), Iron: 0.9mg (5%), Fiber: 1.12g (4.49%), Magnesium: 16.94mg (4.23%), Zinc: 0.64mg (4.23%), Vitamin B12: 0.25µg (4.22%), Potassium: 142.35mg (4.07%), Vitamin B1: 0.05mg (3.17%), Vitamin B6: 0.06mg (3.14%), Vitamin D: 0.35µg (2.33%), Vitamin B3: 0.35mg (1.76%), Vitamin K: 1.7µg (1.62%)