



## Black velvet baby cakes



Vegetarian



Popular

READY IN



60 min.

SERVINGS



6

CALORIES



498 kcal

DESSERT

## Ingredients

- ☐ 100 g butter softened for greasing
- ☐ 175 g brown sugar light soft
- ☐ 1 eggs
- ☐ 100 g self-raising flour
- ☐ 50 g ground almonds
- ☐ 0.5 tsp bicarbonate of soda
- ☐ 5 tbsp cocoa for decorating plus a little extra
- ☐ 150 ml guinness

- ☐ 200 ml double cream
- ☐ 25 g icing sugar
- ☐ 1 tablespoon champagne

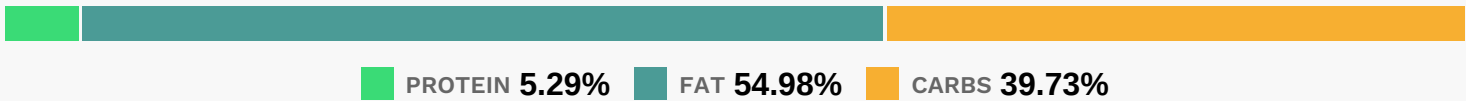
## Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ skewers

## Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Grease and line the bases of 6 dariole moulds with baking parchment.
- ☐ Put the butter, sugar, egg, flour, ground almonds, bicarbonate, cocoa and Guinness in a mixing bowl. Beat together until lump-free. Divide between the tins then bake for 20–25 mins until risen and a skewer poked in comes out clean. Cool for 15 mins, then remove from tins and cool completely the same way up they baked, dont turn upside-down.
- ☐ Whip cream with the icing sugar and splash of Champagne, if using, until thick. Spoon a dollop onto the top of each cake and dust with a touch of cocoa.
- ☐ Serve with glasses of Champagne or Black Velvets for pudding.

## Nutrition Facts



## Properties

Glycemic Index:19.5, Glycemic Load:7.84, Inflammation Score:-6, Nutrition Score:6.5930435547362%

## Flavonoids

Catechin: 2.92mg, Catechin: 2.92mg, Catechin: 2.92mg, Catechin: 2.92mg Epicatechin: 8.84mg, Epicatechin: 8.84mg, Epicatechin: 8.84mg, Epicatechin: 8.84mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

## Nutrients (% of daily need)

Calories: 498.33kcal (24.92%), Fat: 31.34g (48.21%), Saturated Fat: 17.2g (107.53%), Carbohydrates: 50.95g (16.98%), Net Carbohydrates: 48.01g (17.46%), Sugar: 33.83g (37.59%), Cholesterol: 101mg (33.67%), Sodium: 241.22mg (10.49%), Alcohol: 0.16g (100%), Alcohol %: 0.14% (100%), Caffeine: 10.35mg (3.45%), Protein: 6.78g (13.56%), Vitamin A: 949.36IU (18.99%), Manganese: 0.33mg (16.29%), Selenium: 11.06µg (15.81%), Fiber: 2.95g (11.79%), Copper: 0.22mg (11.21%), Phosphorus: 88.71mg (8.87%), Magnesium: 33.06mg (8.26%), Iron: 1.48mg (8.2%), Calcium: 80.47mg (8.05%), Vitamin B2: 0.12mg (7.3%), Vitamin E: 0.84mg (5.62%), Potassium: 172.12mg (4.92%), Vitamin D: 0.68µg (4.55%), Zinc: 0.65mg (4.33%), Vitamin B5: 0.34mg (3.39%), Folate: 12.54µg (3.14%), Vitamin B12: 0.15µg (2.45%), Vitamin B6: 0.05mg (2.43%), Vitamin K: 2.42µg (2.31%), Vitamin B1: 0.03mg (1.82%), Vitamin B3: 0.33mg (1.67%)