



Blackberry & apple cake

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



363 kcal

DESSERT

Ingredients

- ☐ 125 g butter softened for the tin
- ☐ 125 g sugar
- ☐ 3 large eggs beaten
- ☐ 50 g almond flour
- ☐ 100 g self raising flour
- ☐ 2 apples cored peeled cut into 12 segments
- ☐ 100 g blackberries
- ☐ 1 large pinch cinnamon

- ☐ 2 tbsp little demerara sugar
- ☐ 25 g butter cut into small flakes
- ☐ 25 g hazelnuts peeled toasted roughly chopped

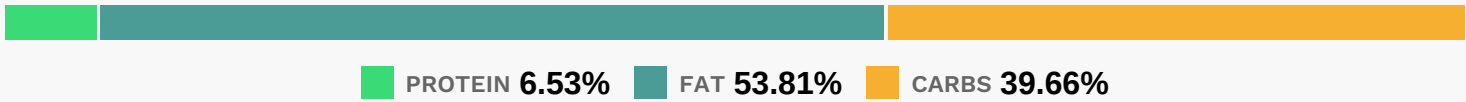
Equipment

- ☐ bowl
- ☐ oven
- ☐ cake form
- ☐ skewers

Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ Butter a 22cm round loose-bottomed cake tin and line the base with baking parchment. Beat the butter and caster sugar together in a large bowl until it is light and fluffy. Gradually pour in and beat the eggs, a little at a time, until you have used two-thirds, adding flour if it curdles. Fold in the remaining egg, the ground almonds and finally the flour, and combine everything gently.
- ☐ Add two-thirds of the apples to the cake mixture and all the blackberries. Turn the mixture into the prepared tin and smooth it out evenly. Scatter the remaining apples over the surface of the cake. For the topping, sprinkle over the cinnamon, demerara sugar and butter.
- ☐ Bake for 50-55 mins or until a skewer comes out clean.
- ☐ Remove the cake from the oven and scatter on the toasted hazelnuts. When the cake is cool, dust lightly with icing sugar.
- ☐ Serve in slices.

Nutrition Facts



Properties

Glycemic Index:39.26, Glycemic Load:18.61, Inflammation Score:-4, Nutrition Score:6.3652173799017%

Flavonoids

Cyanidin: 13.42mg, Cyanidin: 13.42mg, Cyanidin: 13.42mg, Cyanidin: 13.42mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 5.26mg, Catechin: 5.26mg, Catechin: 5.26mg, Catechin: 5.26mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 4.02mg, Epicatechin: 4.02mg, Epicatechin: 4.02mg, Epicatechin: 4.02mg Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 362.54kcal (18.13%), Fat: 22.38g (34.43%), Saturated Fat: 10.63g (66.42%), Carbohydrates: 37.12g (12.37%), Net Carbohydrates: 34.08g (12.39%), Sugar: 24.39g (27.1%), Cholesterol: 110.06mg (36.69%), Sodium: 148.27mg (6.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.11g (12.21%), Manganese: 0.4mg (20.01%), Selenium: 11.13µg (15.89%), Vitamin A: 622.08IU (12.44%), Fiber: 3.03g (12.13%), Vitamin E: 1.38mg (9.2%), Vitamin B2: 0.12mg (7.13%), Phosphorus: 70.61mg (7.06%), Copper: 0.12mg (6.22%), Vitamin C: 4.92mg (5.96%), Iron: 0.98mg (5.45%), Folate: 21.52µg (5.38%), Vitamin K: 5.33µg (5.08%), Vitamin B5: 0.45mg (4.54%), Calcium: 40.68mg (4.07%), Magnesium: 15.69mg (3.92%), Vitamin B6: 0.08mg (3.86%), Potassium: 134.35mg (3.84%), Zinc: 0.53mg (3.53%), Vitamin B12: 0.2µg (3.31%), Vitamin B1: 0.05mg (3.25%), Vitamin D: 0.38µg (2.5%), Vitamin B3: 0.33mg (1.63%)