



Boozy coffee & walnut cake

 Popular

READY IN



30 min.

SERVINGS



10

CALORIES



467 kcal

Ingredients

- ☐ 200 g caster sugar
- ☐ 200 g butter softened
- ☐ 4 eggs beaten
- ☐ 200 g self-raising flour
- ☐ 1 tsp double-acting baking powder
- ☐ 15 walnut halves
- ☐ 2 tbsp hot-brewed coffee dissolved in 1 tbsp boiling water instant
- ☐ 500 g pot mascarpone
- ☐ 85 g muscovado sugar light

- ☐ 4 tbsp rum
- ☐ 3 walnut halves toasted for decoration

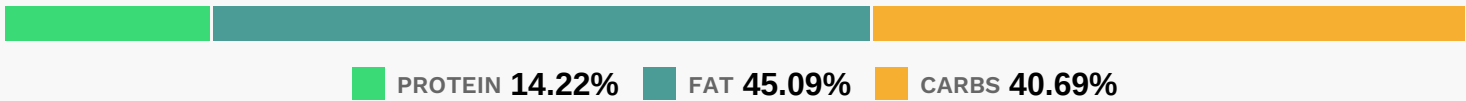
Equipment

- ☐ baking paper
- ☐ oven

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Butter two 20cm sandwich tins and line with non-stick baking paper. Toast the walnut halves in the oven for 10 mins. Reserve 10 and chop the rest. Dissolve the instant coffee in 1 tbsp of boiling water, cool and add the basic cake mix (see recipe for Classic Victoria sponge, right), instead of the milk.
- ☐ For the filling, beat the mascarpone with the light muscovado sugar and Tia Maria until smooth. Sandwich the cooled cakes with a third of the filling and the chopped walnuts.
- ☐ Cover the top and sides of the cake with the rest of the filling and decorate the top with the toasted walnut halves.

Nutrition Facts



Properties

Glycemic Index:31.91, Glycemic Load:23.53, Inflammation Score:-4, Nutrition Score:10.47260852725%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

Nutrients (% of daily need)

Calories: 467.47kcal (23.37%), Fat: 23.18g (35.67%), Saturated Fat: 12.05g (75.29%), Carbohydrates: 47.09g (15.7%), Net Carbohydrates: 46.36g (16.86%), Sugar: 31.25g (34.72%), Cholesterol: 140.97mg (46.99%), Sodium: 243.25mg (10.58%), Alcohol: 1.3g (100%), Alcohol %: 1.12% (100%), Caffeine: 31.4mg (10.47%), Protein: 16.45g (32.9%), Selenium: 26.32µg (37.6%), Zinc: 3.27mg (21.83%), Vitamin B12: 1.25µg (20.76%), Phosphorus: 185.45mg (18.55%), Manganese: 0.32mg (15.86%), Vitamin B3: 3.16mg (15.82%), Vitamin B6: 0.31mg (15.28%), Vitamin A: 595.96IU (11.92%), Vitamin B2: 0.19mg (11.36%), Iron: 1.77mg (9.84%), Potassium: 278.16mg (7.95%), Copper: 0.16mg (7.93%),

Vitamin B5: 0.74mg (7.39%), Magnesium: 28.86mg (7.21%), Calcium: 64.38mg (6.44%), Folate: 25.58µg (6.4%),
Vitamin E: 0.9mg (5.99%), Vitamin B1: 0.07mg (4.99%), Fiber: 0.72g (2.89%), Vitamin D: 0.4µg (2.68%), Vitamin K:
2.23µg (2.12%)