



## Cake of kings

 Vegetarian

READY IN



255 min.

SERVINGS



20

CALORIES



274 kcal

DESSERT

## Ingredients

- ☐ 85 g candied orange peel chopped
- ☐ 100 g raisins
- ☐ 50 g pinenuts
- ☐ 50 g cherries
- ☐ 5 tbsp cooking sherry
- ☐ 500 g flour plain
- ☐ 3 tsp yeast
- ☐ 1 tsp salt

- ☐ 150 ml milk
- ☐ 100 g butter softened
- ☐ 100 g sugar
- ☐ 2 lemon zest grated
- ☐ 1 orange zest grated
- ☐ 4 eggs beaten
- ☐ 195 g fruit
- ☐ 6 sugar
- ☐ 1 egg yolk with 1 tbsp water beaten
- ☐ 20 servings apricot preserves
- ☐ 1 frangelico dried (in greaseproof paper)
- ☐ 1 frangelico dried (in greaseproof paper)

## Equipment

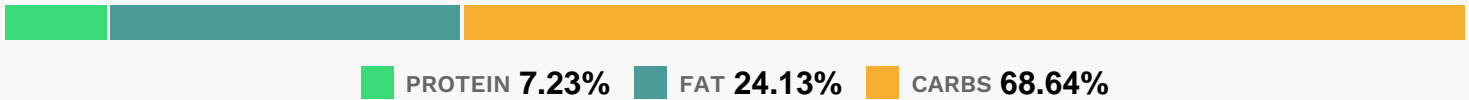
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ kitchen towels
- ☐ rolling pin

## Directions

- ☐ Soak citrus peel, raisins, pine nuts and cherries in the sherry or brandy overnight until plump. Measure 140g/5oz of the flour in a large mixing bowl and mix with the yeast. Tip the remaining flour and salt into a separate bowl and set aside.
- ☐ Heat the milk until just warm, make a well in the centre of the flour mix, and gradually add the milk to form a batter, beating until smooth. Cover with a tea towel and leave for 20 mins, until frothy.
- ☐ In another bowl, beat butter, sugar and zests until light and fluffy.

- ☐ Add the eggs, a little at a time, beating well after each addition. Dont worry if it curdles, this wont affect the final cake. Stir the mix into the batter, along with the remaining flour, to make a dough. Turn out onto a floured surface and knead for 5 mins, until smooth and elastic. Knead in the fruit mix, a bit at a time, kneading after each addition until evenly distributed. This bit is messy, but dust the dough and your hands with flour as you work.
- ☐ Pop the dough into a clean bowl and cover. Leave for 2 hrs, until doubled in size. Butter a large baking sheet. Knead the dough again briefly, then shape into a sausage, about 50cm long. Curl onto the baking sheet to make a ring, pinching the ends to join. Tuck the trinket under the cake, cover and leave for 1 hr, until doubled in size.
- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Slice the candied fruits and crush the sugar lumps into small pieces (put them in a cup and use the end of a rolling pin).
- ☐ Brush the top of the ring with egg and decorate with candied fruits and sugar.
- ☐ Bake for 45 mins, then transfer to a wire rack and brush the top with jam. Leave to cool before cutting.

## Nutrition Facts



## Properties

Glycemic Index:19.95, Glycemic Load:19.84, Inflammation Score:-4, Nutrition Score:7.4321739880935%

## Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 273.68kcal (13.68%), Fat: 7.47g (11.5%), Saturated Fat: 3.25g (20.34%), Carbohydrates: 47.83g (15.94%), Net Carbohydrates: 46.13g (16.77%), Sugar: 19.45g (21.61%), Cholesterol: 54.13mg (18.04%), Sodium: 179.43mg (7.8%), Alcohol: 0.39g (100%), Alcohol %: 0.48% (100%), Protein: 5.03g (10.07%), Manganese: 0.43mg (21.53%),

Vitamin B1: 0.28mg (18.34%), Selenium: 12.43µg (17.76%), Folate: 64.06µg (16.02%), Vitamin B2: 0.22mg (13.2%), Iron: 1.79mg (9.92%), Vitamin B3: 1.91mg (9.54%), Phosphorus: 81.42mg (8.14%), Fiber: 1.7g (6.79%), Copper: 0.13mg (6.25%), Vitamin A: 274.38IU (5.49%), Vitamin C: 4.03mg (4.89%), Magnesium: 17.99mg (4.5%), Potassium: 150.34mg (4.3%), Vitamin B5: 0.4mg (3.98%), Zinc: 0.59mg (3.9%), Vitamin E: 0.52mg (3.44%), Vitamin B6: 0.06mg (3.17%), Calcium: 30.3mg (3.03%), Vitamin B12: 0.15µg (2.44%), Vitamin K: 2.36µg (2.25%), Vitamin D: 0.31µg (2.06%)