



Caramelised apple cake with streusel topping

 Vegetarian

READY IN



120 min.

SERVINGS



8

CALORIES



435 kcal

DESSERT

Ingredients

- ☐ 100 g butter
- ☐ 175 g muscovado sugar light
- ☐ 2 apples peeled cut into 1½ cm pieces
- ☐ 2 eggs
- ☐ 1 tsp vanilla extract
- ☐ 200 g flour plain
- ☐ 1 tsp double-acting baking powder
- ☐ 0.5 tsp ground cinnamon

- ☐ 100 ml milk
- ☐ 25 g flour
- ☐ 85 g little demerara sugar
- ☐ 50 g butter cold
- ☐ 3 tbsp hazelnuts toasted chopped

Equipment

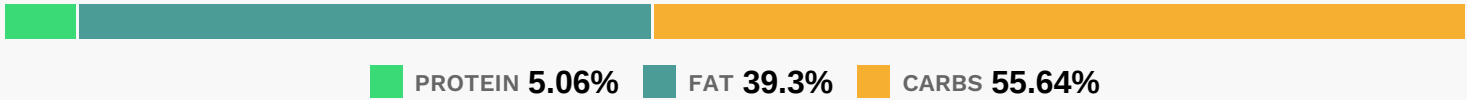
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ cake form
- ☐ skewers

Directions

- ☐ Heat 1 tbsp butter and 1 tbsp sugar in a large frying pan over medium heat until the sugar starts to melt.
- ☐ Add apples, then cook for about 5 mins, until nicely browned and the sauce is a rich caramel. Leave to cool.
- ☐ While the apples cool, make the topping. In a food processor or using the tips of your fingers, rub together flour, 85g sugar, cinnamon and cold butter until the mixture is crumbly and only pea-size pieces of butter remain. Stir in 2 tbsp of hazelnuts. Set aside in a cool place.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ To make the cake, place the remaining butter and sugar in a bowl or food mixer and beat until light and creamy.
- ☐ Add the eggs one at a time, followed by the vanilla extract.
- ☐ Add the flour, baking powder, cinnamon and milk in two goes, alternating between dry and wet ingredients. When the mixture is well combined, stir through the apples.

☐ Grease a 20cm cake tin with removable base and line the base with a circle of baking paper. Spoon in the cake mixture, smooth over the top with a spoon, then sprinkle over the streusel topping. Scatter with the remaining 1 tbsp demerara sugar and hazelnuts. Cook in the oven for 50 mins–1 hr or until a skewer inserted into the cake comes out clean. Leave to cool in the tin for 10 mins, then turn out onto a baking rack, remove paper and cool.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:17.61, Inflammation Score:-5, Nutrition Score:8.7143478393555%

Flavonoids

Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 435.22kcal (21.76%), Fat: 19.3g (29.69%), Saturated Fat: 10.45g (65.29%), Carbohydrates: 61.48g (20.49%), Net Carbohydrates: 59.18g (21.52%), Sugar: 37.47g (41.63%), Cholesterol: 82.78mg (27.59%), Sodium: 209.56mg (9.11%), Alcohol: 0.18g (100%), Alcohol %: 0.15% (100%), Protein: 5.59g (11.17%), Manganese: 0.49mg (24.57%), Selenium: 13.7µg (19.58%), Vitamin B1: 0.27mg (17.69%), Folate: 63.03µg (15.76%), Vitamin B2: 0.23mg (13.53%), Vitamin A: 574.65IU (11.49%), Iron: 2mg (11.13%), Phosphorus: 99.27mg (9.93%), Calcium: 92.64mg (9.26%), Fiber: 2.3g (9.21%), Vitamin B3: 1.83mg (9.14%), Vitamin E: 1.22mg (8.15%), Copper: 0.14mg (6.88%), Magnesium: 20.31mg (5.08%), Potassium: 177.06mg (5.06%), Vitamin B5: 0.45mg (4.52%), Vitamin B6: 0.09mg (4.43%), Zinc: 0.53mg (3.55%), Vitamin B12: 0.2µg (3.32%), Vitamin K: 3.05µg (2.91%), Vitamin C: 2.34mg (2.83%), Vitamin D: 0.36µg (2.41%)