



Cherry & almond cake

 Vegetarian

READY IN



95 min.

SERVINGS



8

CALORIES



584 kcal

DESSERT

Ingredients

- ☐ 200 g butter softened
- ☐ 200 g brown sugar
- ☐ 4 eggs
- ☐ 0.5 tsp almond extract
- ☐ 175 g self raising flour
- ☐ 85 g almond flour
- ☐ 0.5 tsp double-acting baking powder
- ☐ 300 g candied cherries

- ☐ 100 ml milk
- ☐ 2 tbsp almonds flaked

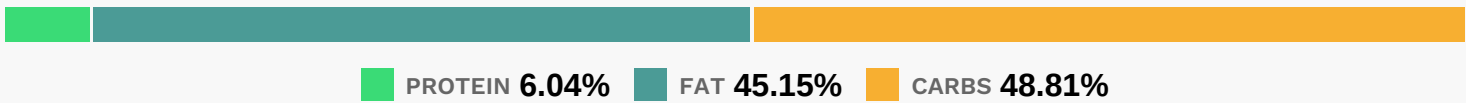
Equipment

- ☐ oven
- ☐ cake form

Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ Line the base and sides of a 20cm deep cake tin. Beat together the butter and sugar until light and fluffy, then beat in the eggs, one by one. Fold in the almond extract, flour, ground almonds and baking powder, followed by the cherries and milk.
- ☐ Scrape into the prepared tin, scatter over the flaked almonds, then bake for 1 hr-1 hr 15 mins. Cool the cake in its tin before serving.

Nutrition Facts



Properties

Glycemic Index:32.13, Glycemic Load:10.61, Inflammation Score:-4, Nutrition Score:6.7508696680484%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 584.08kcal (29.2%), Fat: 29.76g (45.79%), Saturated Fat: 14.3g (89.37%), Carbohydrates: 72.38g (24.13%), Net Carbohydrates: 70.08g (25.48%), Sugar: 42.99g (47.76%), Cholesterol: 137.14mg (45.71%), Sodium: 234.85mg (10.21%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 8.95g (17.91%), Selenium: 16.34µg (23.34%), Vitamin A: 764.9IU (15.3%), Manganese: 0.25mg (12.68%), Calcium: 104.17mg (10.42%), Phosphorus: 103.14mg

(10.31%), Vitamin E: 1.54mg (10.3%), Vitamin B2: 0.17mg (9.92%), Fiber: 2.3g (9.21%), Iron: 1.29mg (7.17%), Vitamin B5: 0.55mg (5.53%), Vitamin B12: 0.31µg (5.13%), Folate: 19.66µg (4.91%), Magnesium: 19.26mg (4.82%), Copper: 0.09mg (4.67%), Zinc: 0.63mg (4.21%), Vitamin D: 0.58µg (3.88%), Potassium: 129.59mg (3.7%), Vitamin B6: 0.07mg (3.39%), Vitamin B1: 0.04mg (2.66%), Vitamin B3: 0.38mg (1.89%), Vitamin K: 1.92µg (1.83%)