



Cherry & almond cake

 Vegetarian

READY IN



100 min.

SERVINGS



12

CALORIES



488 kcal

DESSERT

Ingredients

- ☐ 250 g butter softened for greasing
- ☐ 175 g brown sugar
- ☐ 5 eggs beaten
- ☐ 250 g self raising flour
- ☐ 1 tsp double-acting baking powder
- ☐ 1 orange zest
- ☐ 250 g marzipan chilled grated (easiest if beforehand)
- ☐ 0.5 tsp almonds

- ☐ 200 g cherries halved
- ☐ 100 g powdered sugar sifted
- ☐ 50 g almonds flaked toasted
- ☐ 12 candied cherries
- ☐ 1 orange zest

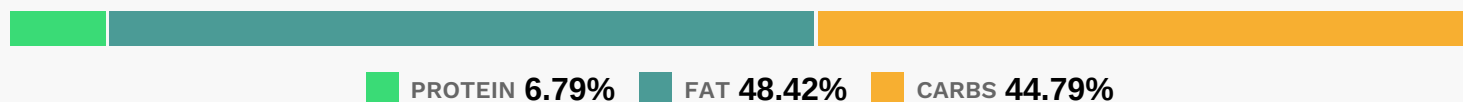
Equipment

- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ cake form
- ☐ skewers

Directions

- ☐ Heat oven to 160C/fan 140C/gas 3 and butter and line a 20cm round, loose-bottomed deep cake tin. Beat the butter and sugar together with electric beaters or a tabletop mixer until light and fluffy.
- ☐ Add the eggs, 250g flour, baking powder, orange zest and juice and beat well till thick, creamy and evenly mixed.
- ☐ Toss cherries in the extra 2 tbsp flour and fold into the batter along with grated marzipan and almond essence (if using). Spoon into the prepared tin, level and bake for 1 hr 30 mins, or until well risen and golden. A skewer will come out clean when ready. Leave to cool in tin for 10 mins, then turn onto a cooling rack to cool completely.
- ☐ Mix the icing sugar with just over 1 tbsp water to make a loose but not-too-runny icing. Scatter the almonds over the top of the cake and position the 12 glace cherries around the edge, using a dot of the icing to fix.
- ☐ Drizzle the icing over the cake and finish with a scattering of orange zest.

Nutrition Facts



Properties

Glycemic Index:20.92, Glycemic Load:10.44, Inflammation Score:-5, Nutrition Score:9.594782554585%

Flavonoids

Cyanidin: 5.14mg, Cyanidin: 5.14mg, Cyanidin: 5.14mg, Cyanidin: 5.14mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 488.14kcal (24.41%), Fat: 26.72g (41.1%), Saturated Fat: 11.94g (74.64%), Carbohydrates: 55.61g (18.54%), Net Carbohydrates: 53.34g (19.4%), Sugar: 34.96g (38.84%), Cholesterol: 112.99mg (37.66%), Sodium: 212.27mg (9.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.43g (16.86%), Manganese: 0.6mg (30.15%), Vitamin E: 4.39mg (29.23%), Selenium: 14.74µg (21.06%), Phosphorus: 145.25mg (14.53%), Vitamin B2: 0.23mg (13.8%), Magnesium: 52.38mg (13.1%), Vitamin A: 641.76IU (12.84%), Copper: 0.21mg (10.44%), Fiber: 2.27g (9.06%), Calcium: 82.44mg (8.24%), Folate: 31.94µg (7.98%), Iron: 1.3mg (7.2%), Zinc: 0.9mg (6.01%), Vitamin B3: 1.16mg (5.81%), Potassium: 200.03mg (5.72%), Vitamin B5: 0.54mg (5.4%), Vitamin C: 3.89mg (4.71%), Vitamin B1: 0.06mg (4.25%), Vitamin B6: 0.07mg (3.57%), Vitamin B12: 0.2µg (3.31%), Vitamin D: 0.37µg (2.44%), Vitamin K: 1.93µg (1.83%)