



WHATSheATE



Cherry & almond sponge with pistachio crème fraîche



Vegetarian

READY IN



55 min.

SERVINGS



4

CALORIES



376 kcal

SIDE DISH

Ingredients

- ☐ 500 g cherries sweet washed and stoned
- ☐ 1 tsp juice of lemon
- ☐ 0.3 orange zest
- ☐ 85 g sugar
- ☐ 1 tbsp pistachios chopped
- ☐ 100 ml crème fraîche
- ☐ 2 large eggs

- ☐ 3 tbsp sugar
- ☐ 0.3 tsp vanilla extract
- ☐ 1 tsp orange-flower water
- ☐ 75 ml double cream
- ☐ 3 tbsp flour plain

Equipment

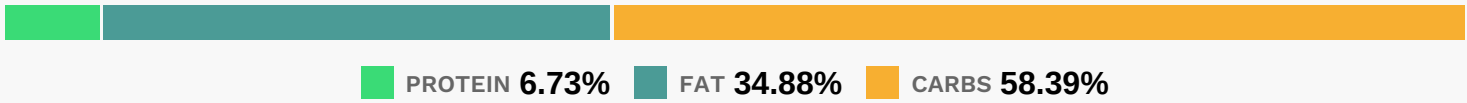
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ ceramic pie form

Directions

- ☐ Heat a large frying pan. When hot, add the cherries, lemon juice, orange zest and sugar. Allow the cherries to cook and release their juices for 4–5 mins until they are tender and the juices are syrupy.
- ☐ Transfer the cherries to the base of a 20–22cm diameter ceramic pie dish. At this point, you can chill the dish until half an hour before you want to eat, then finish it.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ To make the topping, put the eggs and sugar in a large bowl and beat until light and foamy an electric whisk is best for this.
- ☐ Add the extract and orange flower water as you whisk.
- ☐ When the mixture is very light and airy, whisk in the cream. Finally, sieve in the flour and a pinch of salt. Carefully fold them into the egg mixture with a large metal spoon until there are no lumps.
- ☐ Pour the sponge mixture over the cherries and use the back of a spoon to cover evenly.
- ☐ Bake for 20 mins until well risen and evenly browned.

While the sponge is baking, stir the chopped pistachios into the crme frache and spoon into a serving dish. When the sponge is cooked, remove it from the oven and let it cool for 10 mins before dusting with icing sugar and serving with the pistachio crme frache.

Nutrition Facts



Properties

Glycemic Index:63.8, Glycemic Load:28.1, Inflammation Score:-5, Nutrition Score:8.0595652849778%

Flavonoids

Cyanidin: 37.9mg, Cyanidin: 37.9mg, Cyanidin: 37.9mg, Cyanidin: 37.9mg Pelargonidin: 0.34mg, Pelargonidin: 0.34mg, Pelargonidin: 0.34mg, Pelargonidin: 0.34mg Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg Catechin: 5.52mg, Catechin: 5.52mg, Catechin: 5.52mg, Catechin: 5.52mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 6.27mg, Epicatechin: 6.27mg, Epicatechin: 6.27mg, Epicatechin: 6.27mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 375.99kcal (18.8%), Fat: 15.16g (23.32%), Saturated Fat: 7.74g (48.35%), Carbohydrates: 57.09g (19.03%), Net Carbohydrates: 54.03g (19.65%), Sugar: 47.88g (53.21%), Cholesterol: 128.65mg (42.88%), Sodium: 48.62mg (2.11%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 6.58g (13.16%), Selenium: 11.37µg (16.24%), Vitamin B2: 0.27mg (15.85%), Vitamin A: 654.69IU (13.09%), Vitamin C: 10.69mg (12.96%), Fiber: 3.05g (12.21%), Phosphorus: 120.7mg (12.07%), Potassium: 389.41mg (11.13%), Vitamin B5: 0.8mg (8.02%), Manganese: 0.16mg (8.01%), Vitamin B6: 0.16mg (7.83%), Folate: 30.69µg (7.67%), Vitamin B1: 0.11mg (7.61%), Calcium: 71.67mg (7.17%), Iron: 1.28mg (7.11%), Copper: 0.14mg (6.76%), Magnesium: 24.28mg (6.07%), Vitamin D: 0.8µg (5.35%), Vitamin B12: 0.3µg (5.06%), Vitamin E: 0.67mg (4.44%), Zinc: 0.62mg (4.15%), Vitamin K: 3.68µg (3.51%), Vitamin B3: 0.61mg (3.06%)