



## Chocolate & almond marbled bundt cake

READY IN



70 min.

SERVINGS



12

CALORIES



715 kcal

DESSERT

### Ingredients

- ☐ 180 g butter softened for greasing
- ☐ 225 g sugar
- ☐ 0.8 tsp almond extract
- ☐ 2 tsp double-acting baking powder
- ☐ 180 g flour plain
- ☐ 75 g almond flour
- ☐ 3 large eggs
- ☐ 2 tbsp milk
- ☐ 3 tbsp cocoa powder mixed with 3 tbsp hot water to make a paste

- ☐ 100 g chocolate dark
- ☐ 30 g powdered sugar
- ☐ 1.5 l round cake (or bigger)

## Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ skewers

## Directions

- ☐ Heat the oven to 180C/160C fan/gas
- ☐ Thoroughly brush a 1.5 litre bundt tin with melted butter.
- ☐ Cream the butter and sugar together until light and fluffy. Stir in the almond extract.
- ☐ Mix together the baking powder, flour and ground almonds. Beat in one egg at a time, adding a spoonful of the flour mixture in between. Repeat until all three eggs have been added, then fold in the remaining flour mixture and stir in the milk.
- ☐ Spoon half of the cake batter into a separate bowl and mix in the cocoa paste.
- ☐ Add the chocolate chips to the other half of the mixture.
- ☐ Add spoonfuls of each of the batters alternately to the tin and drag the handle of a teaspoon through the mixture to create a marbled effect.
- ☐ Bake for around 40 minutes and then test the cake to see if a skewer inserted into the deepest part comes out clean. The cake will take 40 – 50 mins, depending on the proportions of your bundt tin.
- ☐ Let the cake cool in the tin for 10 minutes before turning out onto a cooling rack. Once cooled, dust the cake with a little icing sugar.

## Nutrition Facts



 PROTEIN 6.8%  FAT 29.61%  CARBS 63.59%

## Properties

Glycemic Index:29.01, Glycemic Load:22.28, Inflammation Score:-5, Nutrition Score:14.563912992892%

Flavonoids

Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 715.32kcal (35.77%), Fat: 23.85g (36.69%), Saturated Fat: 11.54g (72.14%), Carbohydrates: 115.26g (38.42%), Net Carbohydrates: 112.16g (40.78%), Sugar: 69.52g (77.25%), Cholesterol: 206.8mg (68.93%), Sodium: 977.68mg (42.51%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Caffeine: 9.77mg (3.26%), Protein: 12.32g (24.65%), Iron: 5.83mg (32.38%), Selenium: 21.38µg (30.55%), Manganese: 0.58mg (29.2%), Vitamin B1: 0.43mg (28.84%), Vitamin B2: 0.49mg (28.83%), Phosphorus: 270.71mg (27.07%), Folate: 92.96µg (23.24%), Vitamin B3: 3.43mg (17.17%), Calcium: 169.65mg (16.97%), Copper: 0.31mg (15.41%), Vitamin A: 642.15IU (12.84%), Fiber: 3.1g (12.41%), Magnesium: 45.13mg (11.28%), Vitamin B5: 0.92mg (9.19%), Zinc: 1.3mg (8.65%), Vitamin B12: 0.47µg (7.89%), Potassium: 245.47mg (7.01%), Vitamin E: 0.84mg (5.6%), Vitamin B6: 0.1mg (4.98%), Vitamin D: 0.53µg (3.52%), Vitamin K: 2.03µg (1.94%)