



Citrus grape cake

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



574 kcal

DESSERT

Ingredients

- ☐ 225 ml vin santo such as muscat de beaumes
- ☐ 200 g g muscovado sugar light
- ☐ 100 g butter softened
- ☐ 3 eggs
- ☐ 1 orange zest
- ☐ 1 lemon zest
- ☐ 175 ml olive oil extra virgin extra-virgin
- ☐ 225 g flour plain for dusting

- ☐ 1 tsp double-acting baking powder
- ☐ 175 g grapes halved seeded
- ☐ 4 tbsp little demerara sugar

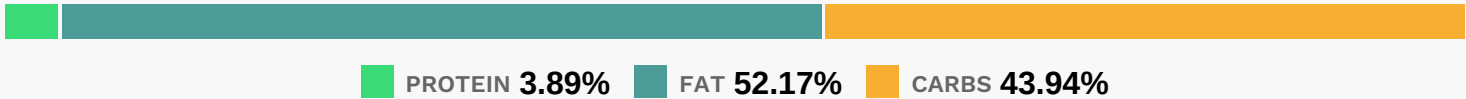
Equipment

- ☐ frying pan
- ☐ oven
- ☐ cake form
- ☐ skewers

Directions

- ☐ Pour the wine into a small pan. Bring to the boil, then keep simmering until reduced down to 85ml this will take 5-10 mins. Leave to cool.
- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Brush a 23cm springform cake tin with olive oil, tip in 1 tbsp flour, then shake all over the pan until covered. Discard any excess. Beat together the sugar and butter until creamy and well combined.
- ☐ Add the eggs, one at a time, then stir through the zests. Stir together the cooled wine and olive oil, then pour a little into the cake mix. Stir, then fold in a third of the flour and the baking powder. Keep alternating between adding the liquid and flour until everything has been incorporated and the batter is smooth.
- ☐ Spoon the cake batter into the prepared tin, then smooth the surface with the back of the spoon. Scatter the halved grapes over the top, then sprinkle over the sugar.
- ☐ Bake for 35-40 mins until a skewer inserted into the middle of the cake comes out clean. Eat warm or cool. Will store in an airtight container for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:32.88, Glycemic Load:17.41, Inflammation Score:-5, Nutrition Score:8.9073913304702%

Flavonoids

Petunidin: 1.89mg, Petunidin: 1.89mg, Petunidin: 1.89mg, Petunidin: 1.89mg Delphinidin: 1.11mg, Delphinidin: 1.11mg, Delphinidin: 1.11mg, Delphinidin: 1.11mg Malvidin: 27.06mg, Malvidin: 27.06mg, Malvidin: 27.06mg, Malvidin: 27.06mg Peonidin: 1.12mg, Peonidin: 1.12mg, Peonidin: 1.12mg, Peonidin: 1.12mg Catechin: 2.81mg, Catechin: 2.81mg, Catechin: 2.81mg, Catechin: 2.81mg Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 573.94kcal (28.7%), Fat: 31.99g (49.22%), Saturated Fat: 9.75g (60.96%), Carbohydrates: 60.62g (20.21%), Net Carbohydrates: 59.43g (21.61%), Sugar: 35.99g (39.99%), Cholesterol: 88.25mg (29.42%), Sodium: 175.99mg (7.65%), Alcohol: 4.37g (100%), Alcohol %: 3.43% (100%), Protein: 5.37g (10.74%), Vitamin E: 3.4mg (22.69%), Selenium: 15.21µg (21.73%), Vitamin B1: 0.25mg (16.7%), Vitamin K: 16.23µg (15.45%), Folate: 60.83µg (15.21%), Vitamin B2: 0.24mg (14.18%), Manganese: 0.26mg (13.24%), Iron: 2.14mg (11.87%), Vitamin B3: 1.82mg (9.12%), Phosphorus: 87.05mg (8.71%), Vitamin A: 422.59IU (8.45%), Calcium: 79.81mg (7.98%), Copper: 0.11mg (5.37%), Fiber: 1.2g (4.78%), Potassium: 163.58mg (4.67%), Vitamin B5: 0.45mg (4.53%), Vitamin C: 3.71mg (4.49%), Magnesium: 15.48mg (3.87%), Vitamin B6: 0.07mg (3.69%), Zinc: 0.47mg (3.14%), Vitamin B12: 0.17µg (2.8%), Vitamin D: 0.33µg (2.2%)