



Cranberry & Apple Spice Cake

 Vegetarian

READY IN



90 min.

SERVINGS



10

CALORIES



499 kcal

DESSERT

Ingredients

- ☐ 1 tsp double-acting baking powder
- ☐ 200 g butter softened
- ☐ 1 tsp cinnamon
- ☐ 1.3 cup little demerara sugar
- ☐ 225 g cranberries dried
- ☐ 3 large eggs beaten
- ☐ 2 tsp ground ginger
- ☐ 1 tbsp maple syrup

- ☐ 2 tsp spice mixed
- ☐ 0.5 cup g/ raisins
- ☐ 2 apples red grated
- ☐ 320 g self-raising flour

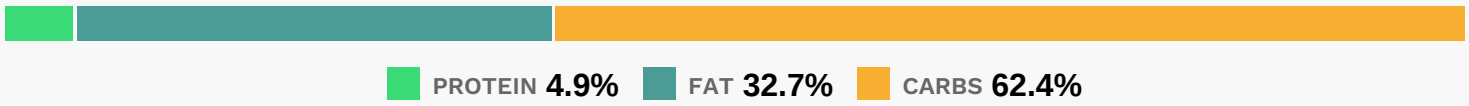
Equipment

- ☐ food processor
- ☐ oven
- ☐ wire rack
- ☐ cake form
- ☐ skewers

Directions

- ☐ Heat the oven to 180 c/ fan 160 f/ gas
- ☐ Line a 8 inch round cake tin with greaseproof paper or a greaseproof liner.
- ☐ Beat together the butter, sugar, maple syrup, eggs, flour, baking powder and spices until the mixture is pale and thick. I pop my mixture into a food processor.
- ☐ Fold in the fruit and spoon the batter into the cake tin.
- ☐ Bake for around bake for 1 hour and 10 to 15 minutes until the cake is golden brown. Do the skewer test. If it comes out clean it is ready.
- ☐ Leave to cool slightly in the tin and then move onto a wire rack to continue cooling.

Nutrition Facts



Properties

Glycemic Index:34.13, Glycemic Load:20.04, Inflammation Score:-4, Nutrition Score:7.5817392701688%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg

Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 498.67kcal (24.93%), Fat: 18.59g (28.6%), Saturated Fat: 10.91g (68.17%), Carbohydrates: 79.84g (26.61%), Net Carbohydrates: 76.27g (27.73%), Sugar: 46.33g (51.48%), Cholesterol: 98.8mg (32.93%), Sodium: 204.08mg (8.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.55%), Manganese: 0.64mg (31.78%), Selenium: 17.93µg (25.62%), Fiber: 3.58g (14.3%), Vitamin A: 603.02IU (12.06%), Phosphorus: 88.35mg (8.84%), Vitamin B2: 0.15mg (8.83%), Vitamin E: 1.3mg (8.68%), Iron: 1.19mg (6.62%), Calcium: 62.19mg (6.22%), Copper: 0.12mg (6.09%), Potassium: 187.65mg (5.36%), Folate: 19.68µg (4.92%), Vitamin B5: 0.47mg (4.69%), Magnesium: 17.61mg (4.4%), Vitamin K: 4.25µg (4.05%), Vitamin B6: 0.08mg (3.97%), Zinc: 0.58mg (3.88%), Vitamin B1: 0.05mg (3.46%), Vitamin B3: 0.63mg (3.13%), Vitamin B12: 0.17µg (2.79%), Vitamin C: 2.22mg (2.69%), Vitamin D: 0.3µg (2%)