



Cranberry pecan & ginger loaf

 Vegetarian

READY IN



210 min.

SERVINGS



20

CALORIES



392 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 250 g butter
- ☐ 175 g pecans
- ☐ 250 g g muscovado sugar light
- ☐ 175 g cranberries dried
- ☐ 175 g apricot dried chopped
- ☐ 1 orange zest grated
- ☐ 5 tbsp brandy
- ☐ 4 eggs

- ☐ 300 g flour plain
- ☐ 2 tsp double-acting baking powder
- ☐ 1 tsp ground cinnamon
- ☐ 50 g ginger chopped
- ☐ 3 tbsp apricot preserves
- ☐ 250 g marzipan
- ☐ 1 sticks apricot dried sliced

Equipment

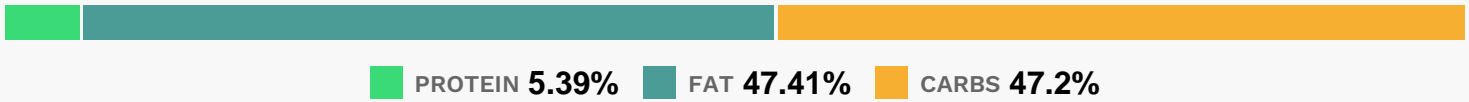
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ sieve
- ☐ cake form
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Heat oven to 150C/fan 130C/gas
- ☐ Butter and double line the base and sides of a 20cm square deep cake tin with baking parchment. Grind 100g of the pecans in a food processor.
- ☐ Chop up the butter and put in a large heavy-based pan with the sugar, cranberries, apricots, orange zest and juice and brandy. Bring slowly to the boil, stirring until the butter is melted, then simmer for 10 mins until the fruits are plump and glossy.
- ☐ Remove from the heat and cool for 30 mins.
- ☐ Beat the eggs lightly. Sift together the flour, baking powder, ground ginger and cinnamon. Stir the eggs, ground pecans, remaining pecan halves, flour mixture and crystallised ginger into the pan, stirring until well mixed.

- ☐ Spoon into the prepared tin and smooth the top.
- ☐ Bake for 1 hr, then reduce the temperature to 140C/fan 120C/gas 1 and cook for a further 1-2 hrs, until the cake feels firm and a skewer inserted into the centre comes out clean. Cool in the tin for 10 mins, turn out, then remove the paper and leave to cool completely on a wire rack.
- ☐ Warm the jam with 1 tbsp water, then press through a sieve into a bowl.
- ☐ Put the cake on a board and brush the top with a thin layer of jam, reserving some for later. Lightly dust a surface with icing sugar, then roll out the marzipan to slightly larger than the top of the cake. Lift onto the cake, press on lightly, then trim to meet the edges.
- ☐ Cut in half.
- ☐ Brush the remaining jam over the marzipan, then decorate the tops with dried fruits, nuts and other ingredients of your choice. Wrap each cake first in baking parchment, then in foil. Store in the tin for up to 3 weeks. Can be frozen for up to 2 months.

Nutrition Facts



Properties

Glycemic Index:16.44, Glycemic Load:10.13, Inflammation Score:-6, Nutrition Score:9.3013044336568%

Flavonoids

Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg Delphinidin: 0.65mg, Delphinidin: 0.65mg, Delphinidin: 0.65mg, Delphinidin: 0.65mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 391.62kcal (19.58%), Fat: 20.9g (32.16%), Saturated Fat: 7.54g (47.14%), Carbohydrates: 46.81g (15.6%), Net Carbohydrates: 43.89g (15.96%), Sugar: 29.95g (33.28%), Cholesterol: 59.61mg (19.87%), Sodium: 152.47mg (6.63%), Alcohol: 1.25g (100%), Alcohol %: 1.62% (100%), Protein: 5.35g (10.7%), Manganese: 0.77mg (38.41%), Vitamin E: 2.59mg (17.29%), Vitamin A: 692.56IU (13.85%), Vitamin B1: 0.2mg (13.16%), Selenium: 8.85µg (12.65%), Copper: 0.24mg (12.06%), Fiber: 2.92g (11.67%), Phosphorus: 109.69mg (10.97%), Vitamin B2: 0.18mg (10.88%), Folate: 42.88µg (10.72%), Iron: 1.77mg (9.81%), Magnesium: 38.51mg (9.63%), Vitamin B3: 1.75mg (8.73%), Calcium:

69.98mg (7%), Potassium: 238.5mg (6.81%), Zinc: 0.88mg (5.84%), Vitamin B5: 0.42mg (4.17%), Vitamin B6: 0.07mg (3.61%), Vitamin K: 2.23µg (2.13%), Vitamin C: 1.41mg (1.71%), Vitamin B12: 0.1µg (1.66%), Vitamin D: 0.18µg (1.17%)