



Crunchy nut cake decoration

 Vegetarian

READY IN



20 min.

SERVINGS



10

CALORIES



289 kcal

DESSERT

Ingredients

- ☐ 100 g golden syrup
- ☐ 50 g butter
- ☐ 150 g almonds flaked toasted
- ☐ 150 g almond flour whole
- ☐ 50 g flour plain
- ☐ 10 servings powdered sugar

Equipment

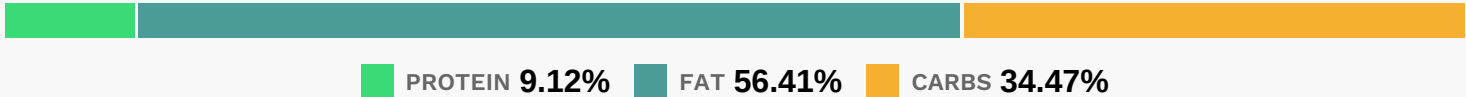
- ☐ sauce pan

☐ oven

Directions

- ☐ Bake the Apricot & almond fruitcake (see recipe to the right of this one) or any other 20–23cm fruitcake but bring out of the oven 10 mins before the end of the cooking time. Increase oven temperature to 200C/180C fan/gas
- ☐ Gently heat the golden syrup and butter in a saucepan.
- ☐ When it is all melted and runny, stir in toasted flaked almonds, whole blanched almonds and plain flour. Use a couple of teaspoons to dot the mixture all over the top of the cake, and pop back in the oven for 12–15 mins until the topping is nicely golden. Cool, then remove from the tin and cover the sides with pretty ribbons. Lightly dust the cake with icing sugar to finish.

Nutrition Facts



Properties

Glycemic Index:19.8, Glycemic Load:7.89, Inflammation Score:-3, Nutrition Score:6.1230434276488%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 288.77kcal (14.44%), Fat: 19.01g (29.25%), Saturated Fat: 3.67g (22.95%), Carbohydrates: 26.14g (8.71%), Net Carbohydrates: 22.54g (8.2%), Sugar: 16.94g (18.82%), Cholesterol: 10.75mg (3.58%), Sodium: 32.56mg (1.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.84%), Vitamin E: 3.96mg (26.39%), Manganese: 0.38mg (18.86%), Fiber: 3.6g (14.4%), Vitamin B2: 0.2mg (11.7%), Magnesium: 41.7mg (10.42%), Copper: 0.16mg (8.11%), Phosphorus: 78.75mg (7.88%), Iron: 1.36mg (7.56%), Calcium: 73.88mg (7.39%), Vitamin B1: 0.07mg (4.68%), Vitamin B3: 0.84mg (4.2%), Folate: 15.9µg (3.97%), Selenium: 2.41µg (3.44%), Zinc: 0.51mg (3.39%), Potassium: 116.66mg (3.33%), Vitamin A: 125.1IU (2.5%), Vitamin B6: 0.02mg (1.14%)