



Easy Passover Cakes



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



362 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons passover baking powder
- ☐ 4 eggs organic free-range
- ☐ 6 tablespoons jam
- ☐ 0.7 cup cake meal
- ☐ 9 tablespoons passover margarine
- ☐ 3 tablespoons milk
- ☐ 0.7 cup potato flour
- ☐ 1 pinch salt

- ☐ 0.7 cup caster sugar
- ☐ 1 tablespoon tsp vanilla sugar

Equipment

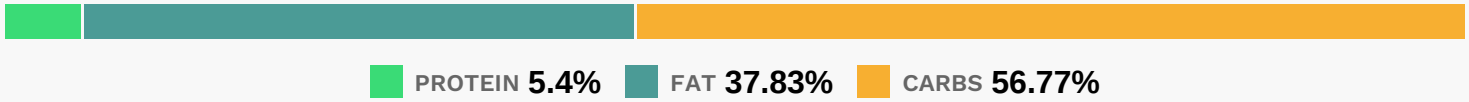
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ cake form

Directions

- ☐ Preheat the oven to 350°F and line a 7-inch round cake pan with parchment paper.
- ☐ In a mixing bowl, cream the margarine or butter with the sugars until light and fluffy. Separate the eggs and beat in the yolks only. Sift in the cake meal, potato flour, and baking powder, and fold in carefully. In a separate bowl, whisk the egg whites with a pinch of salt until soft peaks form.
- ☐ Add a spoonful of the egg white to the cake batter and mix in thoroughly. Now fold in the rest of the egg whites, taking care not to knock out any air. Spoon the mixture into your prepared pan and bake for 35–40 minutes until risen and golden.
- ☐ After the cake has cooled, slice in half horizontally and spread the bottom half with jam. Replace the top half and sprinkle superfine sugar over the top.
- ☐ Variations
- ☐ Add the grated zest of 1 lemon or orange and 1 tablespoon vanilla sugar. Cream with the margarine and sugar. Fruit cake: Soak 1 cup mixed dried fruit in the juice of 1 orange or lemon until plump.
- ☐ Add 1 1/2 cups grated carrot, the zest of 1 orange, and the juice of 1/2 lemon.
- ☐ Add 2 drops of almond extract. Cream with the margarine and sugar.
- ☐ Add the grated zest of 1 lemon. Cream with the margarine and sugar.
- ☐ Spread the cake mixture into a lined jelly-roll-style pan. Top with 3 1/2 cups (1 lb) peeled and sliced apples.
- ☐ Sprinkle with 1/2 cup superfine sugar, and dust with 1 heaping teaspoon ground cinnamon.

- ☐ Bake and then cut into squares.
- ☐ Serve with Kosher non-dairy whipped cream.
- ☐ From Jewish Traditional Cooking: Over 150 Nostalgic & Contemporary Recipes by Ruth Joseph and Simon Round. Text © 2012 Ruth Joseph and Simon Round; photographs © 2012 Isobel Wield. Published in 2013 by Kyle Books, an imprint of Kyle Cathie Limited.

Nutrition Facts



Properties

Glycemic Index:35.9, Glycemic Load:18.47, Inflammation Score:-4, Nutrition Score:5.8791304091397%

Nutrients (% of daily need)

Calories: 361.52kcal (18.08%), Fat: 15.42g (23.72%), Saturated Fat: 3.49g (21.82%), Carbohydrates: 52.04g (17.35%), Net Carbohydrates: 50.99g (18.54%), Sugar: 33.19g (36.88%), Cholesterol: 101.95mg (33.98%), Sodium: 399.53mg (17.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.91%), Vitamin A: 712.54IU (14.25%), Selenium: 9.11µg (13.01%), Phosphorus: 115.88mg (11.59%), Vitamin B2: 0.18mg (10.65%), Calcium: 86.94mg (8.69%), Vitamin B6: 0.15mg (7.73%), Iron: 1.27mg (7.06%), Folate: 24.75µg (6.19%), Vitamin B1: 0.09mg (6.07%), Potassium: 202.02mg (5.77%), Vitamin E: 0.82mg (5.45%), Vitamin B5: 0.51mg (5.11%), Manganese: 0.1mg (4.81%), Vitamin B3: 0.87mg (4.37%), Vitamin B12: 0.26µg (4.31%), Fiber: 1.05g (4.21%), Magnesium: 14.81mg (3.7%), Copper: 0.07mg (3.58%), Vitamin D: 0.48µg (3.2%), Zinc: 0.47mg (3.12%), Vitamin C: 1.86mg (2.25%)