



Easy treacle sponge

 Vegetarian  Popular

READY IN



55 min.

SERVINGS



8

CALORIES



519 kcal

SIDE DISH

Ingredients

- 250 g golden syrup
- 1 lemon zest
- 5 tbsp breadcrumb
- 200 g pack butter softened
- 200 g golden caster sugar
- 3 medium eggs
- 200 g self-raising flour
- 5 tbsp milk

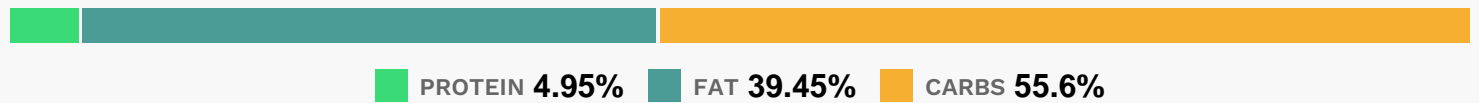
Equipment

- oven
- baking pan
- skewers

Directions

- Heat oven to 180C/160C fan/gas
- Mix the syrup, lemon zest, juice and breadcrumbs and spread over the base of a 1.5 litre baking dish.
- Beat the butter and sugar until pale and fluffy, then beat in the eggs, one by one. Stir in the flour and milk and dollop over the syrup.
- Bake for 35–40 mins until golden and risen, and a skewer poked into the sponge comes out clean-ish. Eat with lots of custard, cream or ice cream and extra dribbles of syrup.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:27.52, Inflammation Score:-4, Nutrition Score:6.1278260635293%

Nutrients (% of daily need)

Calories: 518.76kcal (25.94%), Fat: 22.89g (35.22%), Saturated Fat: 13.68g (85.48%), Carbohydrates: 72.6g (24.2%), Net Carbohydrates: 71.64g (26.05%), Sugar: 50.03g (55.58%), Cholesterol: 116.25mg (38.75%), Sodium: 241.04mg (10.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.47g (12.94%), Selenium: 17.3µg (24.71%), Vitamin A: 729.91IU (14.6%), Manganese: 0.28mg (13.82%), Phosphorus: 83.79mg (8.38%), Vitamin B2: 0.14mg (8.1%), Calcium: 63.71mg (6.37%), Vitamin B1: 0.09mg (6.27%), Folate: 23.79µg (5.95%), Vitamin E: 0.86mg (5.77%), Iron: 1mg (5.58%), Vitamin B5: 0.49mg (4.95%), Vitamin B12: 0.26µg (4.36%), Copper: 0.09mg (4.29%), Zinc: 0.59mg (3.91%), Fiber: 0.96g (3.84%), Magnesium: 14.9mg (3.73%), Vitamin B3: 0.73mg (3.64%), Potassium: 114.53mg (3.27%), Vitamin B6: 0.06mg (3.14%), Vitamin D: 0.43µg (2.89%), Vitamin K: 2.32µg (2.2%), Vitamin C: 0.97mg (1.17%)