

## Easy wreath cake



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



10

CALORIES



372 kcal

DESSERT

## Ingredients

- ☐ 3 cranberries fresh
- ☐ 1 egg white with a fork
- ☐ 3 tbsp caster sugar white
- ☐ 3 tbsp raspberry jam warmed
- ☐ 300 g marzipan
- ☐ 500 g pack fondant icing sugar sifted
- ☐ 1 small bunch sage
- ☐ 1 small bunch bay leaves

☐ 1 square cm well (see 'Goes with', below)

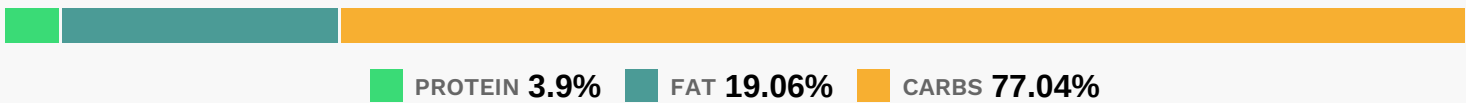
## Equipment

☐ palette knife

## Directions

- ☐ Dip the cranberries in the egg white, then roll in caster sugar a few times until well coated. Leave to set (or use glac cherries instead, even easier and no need to frost with egg white).
- ☐ Brush just the top of the cake with a little jam.
- ☐ Roll out the marzipan to slightly larger than the top of the cake, lay on top of the cake, press down and trim flush to the edges of the cake.
- ☐ Mix a dribble of water at a time into the fondant icing sugar, until its a smooth, stiff consistency that wont run. Pile on the top of the cake. Push to the edges with a palette knife so it eases down the sides a little. Make a wreath from the sage and bay, then add a few of the frosted cranberries (or glac cherries if using instead).

## Nutrition Facts



## Properties

Glycemic Index:17.01, Glycemic Load:4.76, Inflammation Score:-2, Nutrition Score:9.2699999555783%

## Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 371.63kcal (18.58%), Fat: 8.03g (12.36%), Saturated Fat: 0.66g (4.13%), Carbohydrates: 73.04g (24.35%), Net Carbohydrates: 71.97g (26.17%), Sugar: 67.44g (74.93%), Cholesterol: 0mg (0%), Sodium: 17.92mg (0.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.4%), Copper: 3.22mg (161.05%), Manganese: 0.57mg (28.25%), Vitamin E: 3.61mg (24.07%), Magnesium: 44.43mg (11.11%), Vitamin B2: 0.13mg (7.92%), Phosphorus: 74.11mg (7.41%), Vitamin B3: 1.04mg (5.18%), Folate: 18.96µg (4.74%), Iron: 0.79mg (4.39%), Fiber: 1.08g (4.3%), Zinc:

0.48mg (3.22%), Potassium: 96.68mg (2.76%), Calcium: 27.15mg (2.72%), Vitamin B1: 0.04mg (2.47%), Selenium: 1.34µg (1.92%)