



Eccles cake

 Vegetarian

READY IN



125 min.

SERVINGS



8

CALORIES



740 kcal

DESSERT

Ingredients

- ☐ 250 g pack butter softened for greasing
- ☐ 250 g brown sugar light soft
- ☐ 2 tsp vanilla extract
- ☐ 4 large eggs
- ☐ 100 g flour plain
- ☐ 250 g self-raising flour
- ☐ 100 g buttermilk
- ☐ 2 eating apples diced cored peeled

- ☐ 1 tsp ground cinnamon
- ☐ 1 tsp spice mixed
- ☐ 0.3 tsp ground cloves
- ☐ 1 lemon zest
- ☐ 2 tbsp butter melted
- ☐ 2 tbsp brown sugar light soft
- ☐ 85 g currant
- ☐ 85 g raisin
- ☐ 50 g peel mixed
- ☐ 85 g icing sugar sifted
- ☐ 1 lemon zest
- ☐ 3 coarsely sugar cubes crushed

Equipment

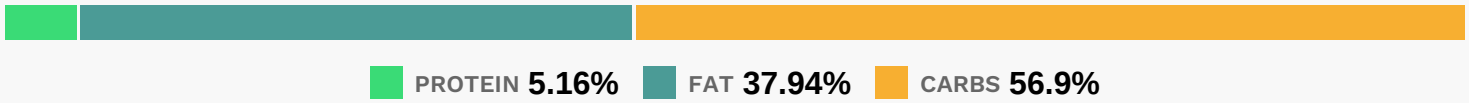
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ cake form
- ☐ skewers

Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ Grease and line a deep 20cm cake tin with baking parchment.
- ☐ Mix together the filling ingredients and set aside.
- ☐ Put butter, sugar and vanilla in a bowl and whisk until pale. Beat in the eggs, then fold in the flours, buttermilk and apples. Spoon half the mixture into the tin. Scatter over filling, leaving a 2.5cm clear border all around the edge. Spoon remaining mixture on top, starting by dolloping round the edges, then moving into the middle.
- ☐ Bake for 1 hr 25 mins or until a skewer poked in comes out clean. Cool in the tin.

- ☐
- Mix the icing sugar with enough lemon juice to make a runny-ish icing.
- ☐
- Remove cake from the tin, drizzle over the icing, then scatter with crushed sugar cubes and lemon zest.

Nutrition Facts



Properties

Glycemic Index:57.99, Glycemic Load:30.9, Inflammation Score:-6, Nutrition Score:11.555217431939%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 740.2kcal (37.01%), Fat: 31.87g (49.03%), Saturated Fat: 19.06g (119.16%), Carbohydrates: 107.53g (35.84%), Net Carbohydrates: 103.67g (37.7%), Sugar: 62.58g (69.54%), Cholesterol: 169.2mg (56.4%), Sodium: 297.73mg (12.94%), Alcohol: 0.36g (100%), Alcohol %: 0.19% (100%), Protein: 9.75g (19.5%), Selenium: 25.84µg (36.91%), Manganese: 0.6mg (30.1%), Vitamin A: 1061.88IU (21.24%), Vitamin B2: 0.28mg (16.44%), Fiber: 3.86g (15.44%), Phosphorus: 138.28mg (13.83%), Folate: 49.99µg (12.5%), Iron: 2.2mg (12.21%), Vitamin B1: 0.18mg (11.93%), Potassium: 380.23mg (10.86%), Copper: 0.2mg (9.77%), Calcium: 95.52mg (9.55%), Vitamin E: 1.33mg (8.86%), Vitamin B6: 0.15mg (7.69%), Vitamin B5: 0.75mg (7.5%), Vitamin B3: 1.49mg (7.43%), Magnesium: 29.18mg (7.3%), Vitamin C: 5.17mg (6.27%), Zinc: 0.86mg (5.76%), Vitamin B12: 0.34µg (5.65%), Vitamin D: 0.66µg (4.42%), Vitamin K: 4.32µg (4.11%)