



Elderflower crunch cake

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



418 kcal

DESSERT

Ingredients

- ☐ 175 g butter softened for greasing
- ☐ 175 g golden caster sugar
- ☐ 3 eggs
- ☐ 140 g self-raising flour
- ☐ 85 g ground almonds
- ☐ 0.5 tsp double-acting baking powder
- ☐ 100 ml milk
- ☐ 4 tbsp elderflower cordial

☐ 4 tbsp golden granulated sugar white

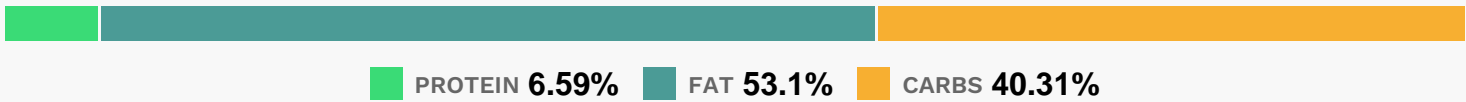
Equipment

- ☐ oven
- ☐ whisk
- ☐ skewers

Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ Grease and line a 2lb/900g loaf tin with a long strip of baking parchment. To make the loaf cake batter, beat the butter and sugar with an electric whisk until light and fluffy. Beat in the eggs, flour, almonds, baking powder and milk until smooth.
- ☐ Pour into the tin and bake for 45–50 mins until golden, risen and a skewer poked in the centre comes out clean.
- ☐ As soon as the cake has come out of the oven, prick it all over with a skewer.
- ☐ Mix together the cordial and extra sugar, then pour all over the cake. Cool in the tin, then carefully lift out to slice.

Nutrition Facts



Properties

Glycemic Index:39.64, Glycemic Load:12.72, Inflammation Score:-4, Nutrition Score:4.91347828637%

Nutrients (% of daily need)

Calories: 417.76kcal (20.89%), Fat: 25.29g (38.91%), Saturated Fat: 12.41g (77.59%), Carbohydrates: 43.19g (14.4%), Net Carbohydrates: 41.65g (15.14%), Sugar: 28.33g (31.47%), Cholesterol: 109.96mg (36.65%), Sodium: 206mg (8.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.06g (14.13%), Selenium: 12.78µg (18.25%), Vitamin A: 656.99IU (13.14%), Calcium: 90.39mg (9.04%), Manganese: 0.16mg (7.9%), Phosphorus: 75.09mg (7.51%), Vitamin B2: 0.11mg (6.6%), Fiber: 1.55g (6.19%), Iron: 1.04mg (5.79%), Vitamin E: 0.76mg (5.05%), Vitamin B5: 0.43mg (4.31%), Vitamin B12: 0.25µg (4.23%), Folate: 14.4µg (3.6%), Vitamin D: 0.47µg (3.15%), Zinc: 0.44mg (2.94%), Copper: 0.05mg (2.73%), Potassium: 94.13mg (2.69%), Magnesium: 10.39mg (2.6%), Vitamin B6: 0.05mg (2.6%), Vitamin B1: 0.03mg (1.93%), Vitamin K: 1.67µg (1.59%), Vitamin B3: 0.23mg (1.17%)