



Eton mess cake



Vegetarian



Popular

READY IN



70 min.

SERVINGS



15

CALORIES



309 kcal

DESSERT

Ingredients

- ☐ 175 g butter unsalted
- ☐ 5 tbsp double cream
- ☐ 1 tsp vanilla paste
- ☐ 225 g flour plain
- ☐ 100 g almond flour
- ☐ 1 tsp double-acting baking powder
- ☐ 200 g brown sugar
- ☐ 5 large eggs at room temperature

- ☐ 400 g strawberries finely sliced roughly chopped
- ☐ 15 servings powdered sugar
- ☐ 4 frangelico (50g 2oz)
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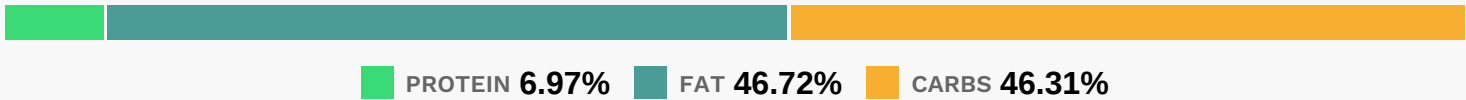
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ skewers

Directions

- ☐ Grease a deep, 20 x 30cm traybake or roasting tin, then line with parchment.
- ☐ Heat oven to 160C/140C fan/gas
- ☐ Melt the butter, take off the heat and stir in the cream and the vanilla.
- ☐ Mix the flour, almonds, baking powder and tsp fine salt and set aside for later.
- ☐ Put the caster sugar and eggs into a large bowl, and whisk with electric beaters until very thick and foamy, about 5 mins.
- ☐ Pour in the butter mix, whisk briefly, then add the flour mix and whisk briefly again until even. Stir in the chopped strawberries, then pour the batter into the tin and level the top.
- ☐ Scatter the sliced strawberries and meringue over the cake, then bake for 40–45 mins until risen, golden and a skewer comes out clean. Cool for 20 mins in the tin, then transfer the cake to a rack. Just before serving, dust with a little icing sugar. Enjoy with the rest of the double cream, whipped if you like.

Nutrition Facts



Properties

Glycemic Index:13.8, Glycemic Load:8.96, Inflammation Score:-4, Nutrition Score:6.4104348421097%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 6.63mg, Pelargonidin: 6.63mg, Pelargonidin: 6.63mg, Pelargonidin: 6.63mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 308.57kcal (15.43%), Fat: 16.38g (25.2%), Saturated Fat: 7.93g (49.53%), Carbohydrates: 36.53g (12.18%), Net Carbohydrates: 34.88g (12.68%), Sugar: 22.75g (25.28%), Cholesterol: 92.73mg (30.91%), Sodium: 63.27mg (2.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.5g (11%), Vitamin C: 15.71mg (19.04%), Selenium: 10.78µg (15.41%), Manganese: 0.22mg (10.97%), Folate: 42.37µg (10.59%), Vitamin B2: 0.17mg (10.06%), Vitamin A: 458.25IU (9.16%), Vitamin B1: 0.13mg (8.83%), Iron: 1.49mg (8.28%), Phosphorus: 68.55mg (6.86%), Fiber: 1.65g (6.58%), Calcium: 65.12mg (6.51%), Vitamin B3: 1.02mg (5.12%), Vitamin B5: 0.4mg (3.98%), Vitamin D: 0.59µg (3.92%), Vitamin E: 0.58mg (3.85%), Potassium: 105.35mg (3.01%), Vitamin B12: 0.18µg (2.94%), Copper: 0.06mg (2.78%), Vitamin B6: 0.05mg (2.75%), Magnesium: 10.63mg (2.66%), Zinc: 0.38mg (2.56%), Vitamin K: 1.66µg (1.58%)