



Fresh cherry cake with a hint of cinnamon



Vegetarian



Popular

READY IN



65 min.

SERVINGS



8

CALORIES



249 kcal

DESSERT

Ingredients

- ☐ 140 g self-raising flour
- ☐ 0.5 tsp ground cinnamon
- ☐ 50 g golden caster sugar
- ☐ 1 eggs
- ☐ 4 tbsp milk
- ☐ 85 g butter melted
- ☐ 350 g cherries juicy ripe
- ☐ 25 g flour plain

- ☐ 0.3 tsp ground cinnamon
- ☐ 25 g golden caster sugar
- ☐ 25 g butter diced at room temperature

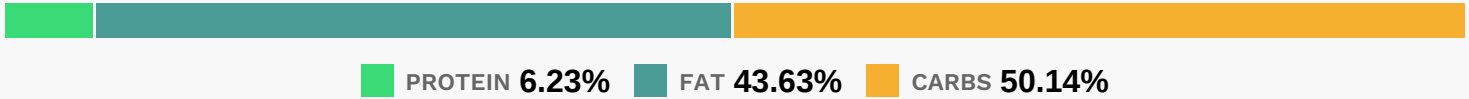
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ cake form
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Preheat the oven to fan 160C/ conventional 180C/gas
- ☐ Grease and base line a 20cm round cake tin, about 5cm deep. Sift the flour, cinnamon and caster sugar into a bowl. Make a well in the centre and add the egg, milk and melted butter, then combine with a wooden spoon or electric whisk. Beat well to make a thick, smooth mixture. Spoon into the tin and spread evenly.
- ☐ Remove the stalks and stones from the cherries, using a pitter if you have one to keep the fruit whole. Scatter the cherries over the mixture and gently press them in.
- ☐ To make the topping, tip all the ingredients into a bowl. Rub in the butter with your fingers to make a crumb-like mixture, then work the mixture until it comes together in pea-sized pieces. Scatter the topping over the cherries.
- ☐ Bake for 30–35 minutes until a skewer pushed into the centre comes out clean. Leave in the tin until cool enough to handle, then run a knife round the edge, remove the cake from the tin and leave on a wire rack until completely cold.
- ☐ For a picnic, make the cake up to 24 hours ahead and return it to the clean tin when cold. Dust liberally with icing sugar, then wrap in cling film or foil.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:11.43, Inflammation Score:-3, Nutrition Score:4.3095652175986%

Flavonoids

Cyanidin: 13.22mg, Cyanidin: 13.22mg, Cyanidin: 13.22mg, Cyanidin: 13.22mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.66mg, Peonidin: 0.66mg, Peonidin: 0.66mg, Peonidin: 0.66mg Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 2.19mg, Epicatechin: 2.19mg, Epicatechin: 2.19mg, Epicatechin: 2.19mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 249.29kcal (12.46%), Fat: 12.33g (18.96%), Saturated Fat: 7.44g (46.53%), Carbohydrates: 31.87g (10.62%), Net Carbohydrates: 30.32g (11.02%), Sugar: 15.15g (16.83%), Cholesterol: 50.92mg (16.97%), Sodium: 102.13mg (4.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.92%), Selenium: 10.1µg (14.42%), Manganese: 0.24mg (12.05%), Vitamin A: 414.53IU (8.29%), Fiber: 1.55g (6.21%), Phosphorus: 51.83mg (5.18%), Vitamin B2: 0.08mg (4.74%), Potassium: 153.63mg (4.39%), Folate: 16.35µg (4.09%), Vitamin B1: 0.06mg (3.83%), Vitamin C: 3.07mg (3.72%), Copper: 0.07mg (3.59%), Iron: 0.65mg (3.59%), Calcium: 34.61mg (3.46%), Vitamin E: 0.49mg (3.26%), Vitamin B5: 0.32mg (3.18%), Magnesium: 12.7mg (3.17%), Vitamin B6: 0.05mg (2.39%), Vitamin B3: 0.46mg (2.29%), Zinc: 0.32mg (2.15%), Vitamin K: 2.06µg (1.96%), Vitamin B12: 0.11µg (1.88%), Vitamin D: 0.19µg (1.28%)