



Fruity flag traybake



Vegetarian



Popular

READY IN



75 min.

SERVINGS



15

CALORIES



363 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 100 g baking mix softened for cakes for the tin (Stork)
- ☐ 175 g self raising flour
- ☐ 50 g almond flour
- ☐ 2 tsp double-acting baking powder
- ☐ 4 large eggs
- ☐ 225 g sugar
- ☐ 125 ml greek yogurt
- ☐ 2 lemon zest

- ☐ 175 g butter softened
- ☐ 350 g powdered sugar
- ☐ 300 g raspberries
- ☐ 175 g blueberries

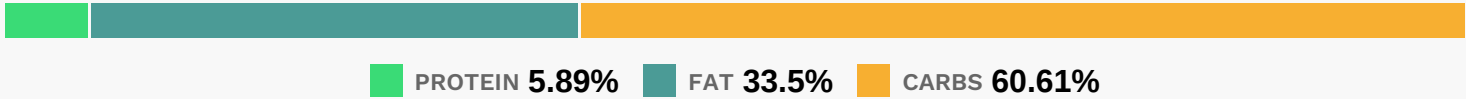
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Butter and line a 30 x 20cm traybake tin with baking parchment. Measure all the sponge ingredients into a mixing bowl and mix together using an electric hand whisk until smooth. Spoon into the tin and level the surface.
- ☐ Bake for 25–30 mins until lightly golden and the top of the cake springs back when pressed with your finger, and the sides of the sponge are shrinking away from the sides of the tin. Carefully lift the sponge out of the tin, then transfer to a wire rack to cool.
- ☐ Remove the baking parchment.
- ☐ To make the icing, tip the butter into a bowl and whisk using an electric hand whisk until light and fluffy.
- ☐ Add half the icing sugar and whisk again until incorporated.
- ☐ Add the remaining sugar and whisk again until smooth.
- ☐ Spread the icing over the top of the cold cake.
- ☐ To decorate, place a double row of raspberries across the centre and down the length of the cake to make a cross. Next, place a single row diagonally from each corner to the middle. Now fill in the empty spaces with blueberries.
- ☐ Cut into squares to serve.

Nutrition Facts



Properties

Glycemic Index:23.01, Glycemic Load:16.96, Inflammation Score:-3, Nutrition Score:5.9352173805237%

Flavonoids

Cyanidin: 10.14mg, Cyanidin: 10.14mg, Cyanidin: 10.14mg, Cyanidin: 10.14mg Petunidin: 3.74mg, Petunidin: 3.74mg, Petunidin: 3.74mg, Petunidin: 3.74mg Delphinidin: 4.4mg, Delphinidin: 4.4mg, Delphinidin: 4.4mg, Delphinidin: 4.4mg Malvidin: 7.91mg, Malvidin: 7.91mg, Malvidin: 7.91mg, Malvidin: 7.91mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 2.39mg, Peonidin: 2.39mg, Peonidin: 2.39mg, Peonidin: 2.39mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 362.76kcal (18.14%), Fat: 13.85g (21.3%), Saturated Fat: 6.84g (42.74%), Carbohydrates: 56.34g (18.78%), Net Carbohydrates: 53.9g (19.6%), Sugar: 41.09g (45.65%), Cholesterol: 75.17mg (25.06%), Sodium: 247.78mg (10.77%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 5.48g (10.96%), Selenium: 10.33µg (14.75%), Manganese: 0.29mg (14.71%), Phosphorus: 109.83mg (10.98%), Fiber: 2.44g (9.76%), Vitamin C: 7.42mg (9%), Vitamin B2: 0.14mg (8.3%), Calcium: 81.96mg (8.2%), Vitamin A: 377.63IU (7.55%), Folate: 24.3µg (6.07%), Iron: 0.92mg (5.12%), Vitamin K: 5.14µg (4.89%), Vitamin E: 0.71mg (4.73%), Vitamin B1: 0.07mg (4.42%), Vitamin B5: 0.43mg (4.33%), Vitamin B12: 0.21µg (3.56%), Copper: 0.07mg (3.52%), Magnesium: 12.58mg (3.14%), Zinc: 0.47mg (3.12%), Vitamin B3: 0.62mg (3.1%), Vitamin B6: 0.06mg (2.77%), Potassium: 95.02mg (2.71%), Vitamin D: 0.27µg (1.78%)