



Glazed plum cake

 Vegetarian

READY IN



90 min.

SERVINGS



12

CALORIES



302 kcal

DESSERT

Ingredients

- ☐ 200 g butter softened for greasing
- ☐ 8 purple plums red
- ☐ 140 g golden caster sugar
- ☐ 3 eggs lightly beaten
- ☐ 1 lemon zest grated
- ☐ 175 g self-raising flour
- ☐ 6 tbsp milk
- ☐ 85 g blanched almond chopped (the pieces should be quite big)

- ☐ 6 tbsp plum jelly
- ☐ 2 tbsp cassis (blackcurrant liqueur)

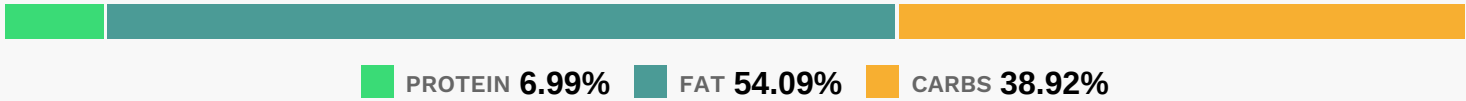
Equipment

- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Butter a 23cm springform tin, line base with greaseproof paper and butter the paper. Halve, stone and slice the plums.
- ☐ Beat butter and sugar (minus the extra tbsp) until pale. Beat in eggs, then zest. With mixer on low, beat in flour and milk. Stir in almonds and spoon into the tin.
- ☐ Lay the plum slices on top of the batter, overlapping them in circles.
- ☐ Sprinkle with the extra sugar and bake for 55 mins–1 hr.
- ☐ Let it cool in the tin for 15 mins.
- ☐ Remove cake from tin and stand on a rack. In a small pan, melt the redcurrant jelly with cassis and 2 tbsp water until reduced to a syrupy glaze, about 5 mins.
- ☐ Brush the melted jelly all over the cake. It will seem like a lot, but a thick glaze looks good. Leave to set before serving (best eaten within 2 days).

Nutrition Facts



Properties

Glycemic Index:19.36, Glycemic Load:8.98, Inflammation Score:-4, Nutrition Score:5.0756521950597%

Flavonoids

Cyanidin: 4.43mg, Cyanidin: 4.43mg, Cyanidin: 4.43mg, Cyanidin: 4.43mg Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg Delphinidin: 2.21mg, Delphinidin: 2.21mg, Delphinidin: 2.21mg, Delphinidin: 2.21mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.18mg,

Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg Epicatechin 3–gallate: 0.39mg, Epicatechin 3–gallate: 0.39mg, Epicatechin 3–gallate: 0.39mg, Epicatechin 3–gallate: 0.39mg Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 302.16kcal (15.11%), Fat: 18.71g (28.78%), Saturated Fat: 9.34g (58.4%), Carbohydrates: 30.28g (10.09%), Net Carbohydrates: 28.41g (10.33%), Sugar: 17.14g (19.04%), Cholesterol: 77.65mg (25.88%), Sodium: 129.27mg (5.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.88%), Selenium: 9.62µg (13.74%), Vitamin A: 671.55IU (13.43%), Vitamin C: 9.99mg (12.1%), Manganese: 0.16mg (7.97%), Fiber: 1.87g (7.49%), Phosphorus: 57.7mg (5.77%), Vitamin B2: 0.09mg (5.3%), Calcium: 51.24mg (5.12%), Vitamin E: 0.72mg (4.82%), Iron: 0.81mg (4.48%), Vitamin K: 4.55µg (4.34%), Potassium: 149.94mg (4.28%), Vitamin B5: 0.38mg (3.75%), Copper: 0.07mg (3.59%), Folate: 13.23µg (3.31%), Magnesium: 11.51mg (2.88%), Vitamin B12: 0.17µg (2.78%), Vitamin B6: 0.05mg (2.57%), Zinc: 0.37mg (2.5%), Vitamin B1: 0.04mg (2.47%), Vitamin B3: 0.41mg (2.03%), Vitamin D: 0.3µg (2.02%)