



Gooseberry & orange drizzle cake

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



264 kcal

DESSERT

Ingredients

- ☐ 225 g butter softened for the tin
- ☐ 225 g sugar
- ☐ 225 g self raising flour
- ☐ 4 large eggs
- ☐ 1 orange zest grated
- ☐ 225 g gooseberry
- ☐ 140 g granulated sugar

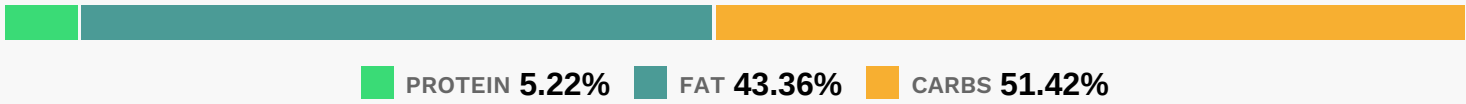
Equipment

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

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Butter and line a 20 x 30cm traybake tin with baking parchment.
- ☐ Put the butter, caster sugar, flour, eggs and orange zest in a bowl. Beat thoroughly with an electric whisk until creamy and smooth. Stir in the gooseberries, then spoon into the tin and level the surface.
- ☐ Bake for 35 mins until a skewer inserted into the cake comes out clean.
- ☐ Stir the orange juice and granulated sugar together, spoon over the surface of the warm cake and leave to cool and set.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:17.01, Glycemic Load:22.66, Inflammation Score:-3, Nutrition Score:3.5117391451545%

Flavonoids

Cyanidin: 1.23mg, Cyanidin: 1.23mg, Cyanidin: 1.23mg, Cyanidin: 1.23mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 264.21kcal (13.21%), Fat: 12.98g (19.97%), Saturated Fat: 7.66g (47.87%), Carbohydrates: 34.64g (11.55%), Net Carbohydrates: 33.62g (12.22%), Sugar: 22.87g (25.41%), Cholesterol: 76.73mg (25.58%), Sodium: 108.84mg (4.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.03%), Selenium: 9.79µg (13.99%), Vitamin A: 463.13IU (9.26%), Manganese: 0.14mg (6.8%), Vitamin C: 4.92mg (5.96%), Vitamin B2: 0.08mg (4.68%),

Phosphorus: 45.72mg (4.57%), Fiber: 1.02g (4.09%), Vitamin E: 0.57mg (3.78%), Vitamin B5: 0.31mg (3.13%), Folate: 12.01µg (3%), Copper: 0.05mg (2.34%), Iron: 0.41mg (2.27%), Vitamin B12: 0.14µg (2.25%), Zinc: 0.31mg (2.1%), Vitamin B6: 0.04mg (1.97%), Potassium: 64.58mg (1.85%), Calcium: 17.44mg (1.74%), Magnesium: 6.87mg (1.72%), Vitamin D: 0.25µg (1.67%), Vitamin B1: 0.02mg (1.57%), Vitamin B3: 0.2mg (1.02%), Vitamin K: 1.06µg (1.01%)