



Hazelnut fruitcake

 Vegetarian

READY IN



100 min.

SERVINGS



10

CALORIES



487 kcal

DESSERT

Ingredients

- ☐ 225 g butter unsalted soft for the tin plus a little extra
- ☐ 100 g hazelnuts roughly chopped
- ☐ 225 g g muscovado sugar light
- ☐ 225 g self raising flour
- ☐ 3 eggs
- ☐ 1 tsp vanilla extract
- ☐ 2 tsp ground cinnamon mixed
- ☐ 1 tsp double-acting baking powder

- ☐ 175 g zucchini grated
- ☐ 1 apples grated (85g 3oz flesh)
- ☐ 250 g fruit mixed dried

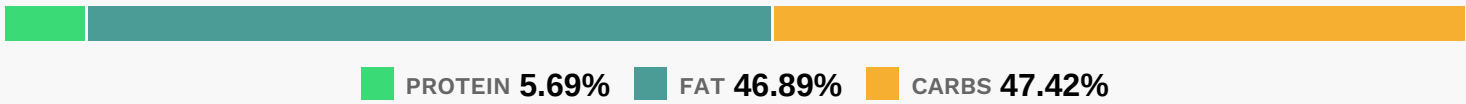
Equipment

- ☐ food processor
- ☐ oven
- ☐ wire rack
- ☐ cake form
- ☐ aluminum foil

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Butter a deep, 20cm round cake tin and line the base and sides with baking parchment.
- ☐ Put the whole hazelnuts, plus 1 tbsp each of the sugar and flour, into a food processor and whizz until the hazelnuts are as fine as you can get them.
- ☐ Add the butter, remaining sugar and eggs to the processor, then tip in the vanilla, spice, tsp salt, remaining flour and baking powder. Whizz until smooth.
- ☐ Remove the blade, then stir in the grated courgettes, apple and dried fruit.
- ☐ Spoon the mix into the tin, smooth the top, then scatter with the chopped hazelnuts, pressing them into the batter a little.
- ☐ Bake for 1 hr 10 mins (see tip, below), covering the top loosely with foil after 45 mins, until the cake is risen and golden. Cool in the tin for 20 mins, then remove and cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:25.7, Glycemic Load:15.71, Inflammation Score:-5, Nutrition Score:11.466086926668%

Flavonoids

Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 487.15kcal (24.36%), Fat: 26.28g (40.43%), Saturated Fat: 12.53g (78.31%), Carbohydrates: 59.8g (19.93%), Net Carbohydrates: 54.95g (19.98%), Sugar: 36.76g (40.85%), Cholesterol: 97.48mg (32.49%), Sodium: 80.9mg (3.52%), Alcohol: 0.14g (100%), Alcohol %: 0.12% (100%), Protein: 7.18g (14.36%), Manganese: 1.07mg (53.57%), Selenium: 13.92µg (19.89%), Fiber: 4.85g (19.4%), Copper: 0.32mg (16.23%), Vitamin E: 2.41mg (16.04%), Vitamin A: 684.87IU (13.7%), Calcium: 122.92mg (12.29%), Phosphorus: 119.1mg (11.91%), Magnesium: 47.53mg (11.88%), Potassium: 382.14mg (10.92%), Iron: 1.76mg (9.76%), Folate: 32.86µg (8.21%), Vitamin B1: 0.12mg (8.07%), Vitamin B6: 0.16mg (8.02%), Vitamin B2: 0.14mg (7.95%), Vitamin K: 8.32µg (7.92%), Vitamin B5: 0.6mg (6.04%), Vitamin C: 4.92mg (5.96%), Zinc: 0.87mg (5.81%), Vitamin D: 0.6µg (4.01%), Vitamin B3: 0.71mg (3.54%), Vitamin B12: 0.16µg (2.6%)