



Healthier Victoria sandwich

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



253 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tbsp canola oil for the tin
- ☐ 175 g self raising flour
- ☐ 1.5 tsp double-acting baking powder
- ☐ 140 g brown sugar
- ☐ 25 g almond flour
- ☐ 2 large eggs
- ☐ 175 g yogurt
- ☐ 2 drops vanilla extract

- ☐ 25 g butter melted
- ☐ 4 tbsp raspberries
- ☐ 0.5 tsp powdered sugar

Equipment

- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ wire rack

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Lightly oil 2 x 18cm sandwich cake tins (preferably loose-bottomed) and line the bases with baking parchment. Tip the flour, baking powder, caster sugar and ground almonds into a large mixing bowl, then make a well in the centre. Beat the eggs in a bowl, then stir in the yogurt and vanilla.
- ☐ Pour this mixture, along with the melted butter and oil, into the dry mixture (step
- ☐ and stir briefly together with a large metal spoon until well combined.
- ☐ Divide the mixture evenly between the 2 tins (step
- ☐ and level the tops.
- ☐ Bake both cakes, side by side, for 20 mins until risen and beginning to come away slightly from the edges of the tins.
- ☐ Remove the cakes from the oven and loosen the sides with a round-bladed knife.
- ☐ Let the cakes cool briefly in the tins, then turn them out. If the tins are loose-bottomed, an easy way is to sit the tin on an upturned jam jar and let the outer ring of the tin drop down (step 3). Peel off the lining paper and sit the cakes on a wire rack. Leave until completely cold.
- ☐ Put one of the cakes on a serving plate and spread over the conserve (step 4).
- ☐ Put the other cake on top and sift over the icing sugar, or make a pattern (see tip below).

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:10.8, Inflammation Score:-2, Nutrition Score:5.0095652497333%

Flavonoids

Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 252.67kcal (12.63%), Fat: 9.89g (15.22%), Saturated Fat: 2.88g (17.99%), Carbohydrates: 36.08g (12.03%), Net Carbohydrates: 34.75g (12.64%), Sugar: 18.7g (20.78%), Cholesterol: 56.06mg (18.69%), Sodium: 144.75mg (6.29%), Alcohol: 0.01g (100%), Alcohol %: 0.01% (100%), Protein: 5.75g (11.51%), Selenium: 13.26µg (18.95%), Manganese: 0.24mg (11.92%), Calcium: 111.12mg (11.11%), Phosphorus: 89.24mg (8.92%), Vitamin E: 0.98mg (6.54%), Vitamin B2: 0.11mg (6.19%), Fiber: 1.34g (5.35%), Iron: 0.82mg (4.53%), Vitamin B5: 0.42mg (4.23%), Folate: 16.45µg (4.11%), Zinc: 0.52mg (3.44%), Vitamin A: 170.13IU (3.4%), Copper: 0.07mg (3.29%), Vitamin B12: 0.2µg (3.29%), Magnesium: 13.09mg (3.27%), Vitamin K: 3.44µg (3.27%), Potassium: 108.43mg (3.1%), Vitamin C: 2.05mg (2.48%), Vitamin B6: 0.05mg (2.38%), Vitamin B1: 0.03mg (2.09%), Vitamin D: 0.27µg (1.81%), Vitamin B3: 0.31mg (1.55%)