



Honey cake with honeyed almond crunch

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



455 kcal

DESSERT

Ingredients

- ☐ 175 g butter salted softened for greasing
- ☐ 85 g clear honey for drizzling and extra to serve (I used blossom honey)
- ☐ 85 g sugar
- ☐ 85 g almond flour
- ☐ 200 g flour plain
- ☐ 1 tsp baking soda
- ☐ 1 tsp double-acting baking powder
- ☐ 100 ml yogurt

- ☐ 2 large egg whites separated
- ☐ 85 g almonds flaked

Equipment

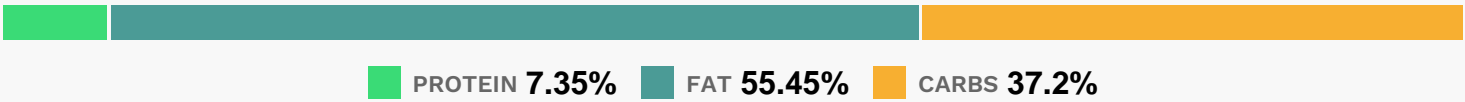
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ wooden spoon
- ☐ skewers

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Grease a 900g/2lb loaf tin and line with a strip of baking parchment that overhangs each end this will help you lift the cake out when it is cooked.
- ☐ Put the butter, honey, caster sugar, ground almonds, flour, baking powder, bicarb and yogurt into a large mixing bowl.
- ☐ Put the egg whites into another small bowl.
- ☐ Put the yolk and remaining whole egg in with all the other ingredients.
- ☐ Whisk the whites until stiff, then put your electric beater into the other bowl of ingredients and beat until just smooth. Stir in a third of the whites, then gently fold in the rest with a wooden spoon. Tip the mix into the prepared tin, scatter over the flaked almonds and bake for 55 mins on the middle-lower shelf of the oven until golden and a skewer inserted into the middle comes out clean.
- ☐ Remove the cake from the oven. Quickly drizzle with 2 tbsp honey and scatter with a small pinch of fine salt. Put back in the oven for 5 mins more.
- ☐ Remove from the oven, drizzle with 2 more tbsp honey, then cool in the tin on a wire rack. Release stuck almonds from around the edge with a knife; then, using the parchment overhangs, carefully lift the cake from the tin. Eat in slices, drizzled with a little extra honey if

you like.

Nutrition Facts



Properties

Glycemic Index:46.05, Glycemic Load:26.15, Inflammation Score:-5, Nutrition Score:8.9252173531315%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 455.09kcal (22.75%), Fat: 29.02g (44.64%), Saturated Fat: 12.33g (77.06%), Carbohydrates: 43.8g (14.6%), Net Carbohydrates: 40.65g (14.78%), Sugar: 20.9g (23.23%), Cholesterol: 48.71mg (16.24%), Sodium: 379.71mg (16.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.65g (17.31%), Vitamin E: 3.25mg (21.67%), Manganese: 0.42mg (21.18%), Vitamin B2: 0.31mg (18.4%), Selenium: 11.22µg (16.02%), Vitamin B1: 0.22mg (14.88%), Folate: 52.53µg (13.13%), Fiber: 3.15g (12.61%), Iron: 2.09mg (11.59%), Vitamin A: 559.58IU (11.19%), Calcium: 110.66mg (11.07%), Phosphorus: 109.91mg (10.99%), Vitamin B3: 1.9mg (9.51%), Magnesium: 37.45mg (9.36%), Copper: 0.15mg (7.66%), Potassium: 149.25mg (4.26%), Zinc: 0.63mg (4.2%), Vitamin B5: 0.26mg (2.57%), Vitamin B6: 0.03mg (1.67%), Vitamin K: 1.63µg (1.55%), Vitamin B12: 0.09µg (1.54%)