



Honey saffron Christmas cake

 Vegetarian

READY IN



180 min.

SERVINGS



12

CALORIES



598 kcal

DESSERT

Ingredients

- ☐ 225 g butter softened for greasing
- ☐ 2 tbsp brandy
- ☐ 1 pinch saffron threads ()
- ☐ 225 g brown sugar
- ☐ 4 eggs
- ☐ 225 g flour plain
- ☐ 50 g almond flour
- ☐ 1 tsp double-acting baking powder

- ☐ 300 g raisins
- ☐ 300 g golden raisins
- ☐ 100 g cherries halved
- ☐ 85 g candied orange peel mixed
- ☐ 50 g almond flour whole roughly chopped
- ☐ 50 g hazelnuts whole roughly chopped
- ☐ 50 g walnut pieces
- ☐ 3 tbsp brandy
- ☐ 2 tbsp honey

Equipment

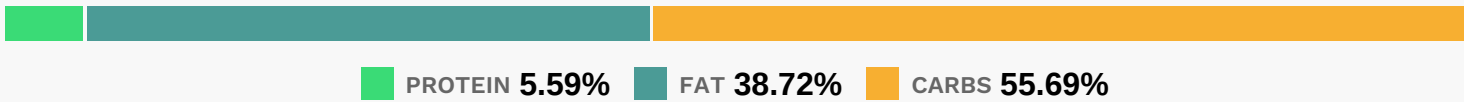
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ cake form
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Heat oven to 160C/fan 140C/gas
- ☐ Butter and line a round, deep 20cm cake tin with two layers of baking parchment (see Knowhow, below). Tie a few sheets of newspaper around the outside of the tin, level with the top of the baking parchment.
- ☐ Heat the brandy in a small pan, then add the saffron and leave to infuse off the heat for a few mins.
- ☐ Put the butter, sugar, eggs, flour, ground almonds, baking powder and a pinch of salt into a bowl, then beat together until creamy and smooth.
- ☐ Mix the fruit, nuts and brandy saffron mix into the batter and stir well.
- ☐ Spoon into the prepared tin, smooth the top and make a slight dip in the middle.

- ☐
- Bake for 1 hrs, then cover loosely with foil to stop the top over-browning. Turn oven down to 140C/fan 120C/gas 1 and cook for 1 hr more until a skewer comes out clean. Leave to cool in the tin then, while its still warm, prod the cake all over with a skewer.
- ☐
- Mix the brandy and honey together and spoon over the cake. Wrap up well in foil and keep in an airtight container until Christmas, feeding with more honeyed brandy every so often.

Nutrition Facts



Properties

Glycemic Index:45.14, Glycemic Load:33.55, Inflammation Score:-5, Nutrition Score:11.416521808375%

Flavonoids

Cyanidin: 2.91mg, Cyanidin: 2.91mg, Cyanidin: 2.91mg, Cyanidin: 2.91mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 598.26kcal (29.91%), Fat: 26.43g (40.66%), Saturated Fat: 10.94g (68.4%), Carbohydrates: 85.53g (28.51%), Net Carbohydrates: 80.46g (29.26%), Sugar: 43.34g (48.15%), Cholesterol: 94.87mg (31.62%), Sodium: 204.88mg (8.91%), Alcohol: 2.09g (100%), Alcohol %: 1.62% (100%), Protein: 8.59g (17.19%), Manganese: 0.71mg (35.31%), Fiber: 5.07g (20.28%), Copper: 0.36mg (18.01%), Iron: 3.09mg (17.18%), Selenium: 11.97µg (17.1%), Vitamin B2: 0.27mg (16.15%), Potassium: 533.76mg (15.25%), Vitamin B1: 0.23mg (15.17%), Phosphorus: 139.44mg (13.94%), Folate: 52.65µg (13.16%), Vitamin A: 556.13IU (11.12%), Vitamin B6: 0.22mg (11%), Calcium: 102.77mg (10.28%), Magnesium: 38.96mg (9.74%), Vitamin B3: 1.85mg (9.25%), Vitamin E: 1.29mg (8.62%), Vitamin B5: 0.48mg (4.8%), Zinc: 0.72mg (4.79%), Vitamin C: 3.07mg (3.72%), Vitamin K: 3.19µg (3.04%), Vitamin B12: 0.16µg (2.71%), Vitamin D: 0.29µg (1.96%)