



Hot little Christmas cakes

READY IN



25 min.

SERVINGS



4

CALORIES



340 kcal

DESSERT

Ingredients

- ☐ 50 g butter melted for greasing
- ☐ 50 g flour plain for dusting
- ☐ 0.3 tsp double-acting baking powder
- ☐ 1 tsp spice mixed
- ☐ 50 g muscovado sugar dark
- ☐ 1 eggs
- ☐ 1 orange zest finely grated
- ☐ 1 small handful berries and cherries dried
- ☐ 4 servings vanilla ice cream and honey

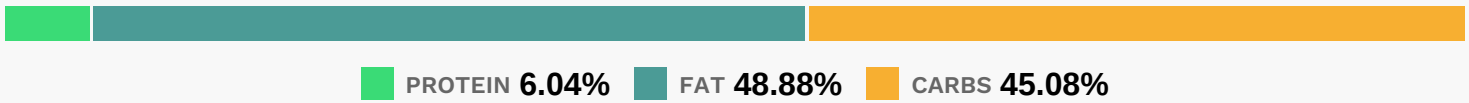
Equipment

- ☐ bowl
- ☐ oven
- ☐ ramekin
- ☐ immersion blender

Directions

- ☐ Grease and flour 4 small ramekins and set aside. Tip all the ingredients, except the berries and cherries, into a large jug or bowl. Using a hand blender, blend until completely combined, then stir in the dried fruit. Chill cake mix until needed.
- ☐ Heat oven to 230C/fan 210C/gas
- ☐ Divide the mix between the ramekins and bake for 15 mins until puffed up and golden. Tip the cakes out onto plates, top with a scoop of vanilla ice cream and drizzle with honey.

Nutrition Facts



Properties

Glycemic Index:69.5, Glycemic Load:16.2, Inflammation Score:-4, Nutrition Score:6.7517392531685%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 339.87kcal (16.99%), Fat: 18.64g (28.67%), Saturated Fat: 11.3g (70.65%), Carbohydrates: 38.67g (12.89%), Net Carbohydrates: 37.47g (13.63%), Sugar: 26.26g (29.18%), Cholesterol: 96.83mg (32.28%), Sodium: 183.37mg (7.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.37%), Vitamin B2: 0.28mg (16.36%), Vitamin A: 663.66IU (13.27%), Calcium: 131.04mg (13.1%), Selenium: 9.15µg (13.08%), Phosphorus: 115.63mg (11.56%), Manganese: 0.18mg (9.06%), Vitamin B1: 0.13mg (8.97%), Folate: 32.88µg (8.22%), Vitamin B5: 0.65mg (6.52%), Vitamin B12: 0.38µg (6.28%), Iron: 1.08mg (5.99%), Vitamin C: 4.6mg (5.57%), Potassium: 189.39mg (5.41%), Fiber: 1.2g (4.8%), Zinc: 0.72mg (4.8%), Vitamin B3: 0.88mg (4.41%), Vitamin E: 0.63mg (4.2%), Magnesium: 16.12mg

(4.03%), Vitamin B6: 0.07mg (3.44%), Copper: 0.05mg (2.61%), Vitamin D: 0.35µg (2.35%), Vitamin K: 1.33µg (1.26%)