



Jewelled fruit, nut & seed cake

 Gluten Free

READY IN



210 min.

SERVINGS



12

CALORIES



126 kcal

Ingredients

- ☐ 12 servings round cake thin
- ☐ 12 servings ribbon
- ☐ 50 g butter
- ☐ 50 g golden syrup
- ☐ 2 tbsp cashew pieces unsalted
- ☐ 3 tbsp blanched almonds and whole
- ☐ 5 tbsp pistachios shelled
- ☐ 25 g brazil nuts
- ☐ 85 ml cherries

- ☐ 50 g cranberries dried
- ☐ 2 tbsp pumpkin seeds
- ☐ 1 frangelico hot uncooked (see link below)
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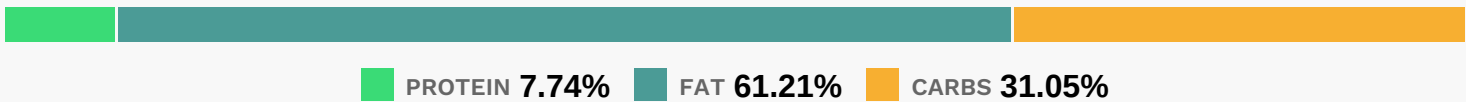
Equipment

- ☐ oven
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Make the Hot toddy cake (see link, right) in a loose-bottom tin, holding back about 2 tbsp of the mix for later. While it bakes, bake the fruit and nut topping. Melt the butter and golden syrup together, then toss with the nuts, dried fruit and seeds. Set aside; the butter mix will start to cool and thicken.
- ☐ Take the cake out of the oven 30 mins before the end of cooking, then gently spread over the remaining cake mix with the back of a spoon. The cake will still be quite soft but will take the weight, dont worry about it sinking. Scatter the fruit and nut mix over the top in an even layer.
- ☐ Bake for the remaining 30 mins until the cake is cooked and the nuts golden. Test for doneness by poking a skewer through the topping and into the cake. If its underdone, but the nuts are golden, just cover with foil and give it another 10 mins; then test again.
- ☐ Leave the cake to cool completely in the tin, so that the nutty topping firms up. Loosen any obviously sticky edges, then push the cake out of the tin from the bottom.
- ☐ Transfer to a cake board or plate and fix the ribbon around the base before serving. Can be kept in an airtight tin for up to a week.

Nutrition Facts



Properties

Glycemic Index:16.52, Glycemic Load:2.44, Inflammation Score:-2, Nutrition Score:3.5713043670453%

Flavonoids

Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 126.27kcal (6.31%), Fat: 9.01g (13.86%), Saturated Fat: 3.01g (18.81%), Carbohydrates: 10.28g (3.43%), Net Carbohydrates: 9.16g (3.33%), Sugar: 7.69g (8.54%), Cholesterol: 9.98mg (3.33%), Sodium: 34.07mg (1.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.12%), Manganese: 0.26mg (12.82%), Copper: 0.17mg (8.27%), Magnesium: 32.86mg (8.22%), Phosphorus: 74.73mg (7.47%), Vitamin E: 0.96mg (6.38%), Vitamin B1: 0.07mg (4.73%), Fiber: 1.13g (4.5%), Selenium: 3.08µg (4.4%), Iron: 0.71mg (3.92%), Vitamin B6: 0.07mg (3.58%), Zinc: 0.47mg (3.11%), Potassium: 95.61mg (2.73%), Vitamin A: 121.7IU (2.43%), Vitamin B2: 0.03mg (1.89%), Calcium: 17.7mg (1.77%), Vitamin B3: 0.35mg (1.76%), Vitamin K: 1.39µg (1.32%), Folate: 4.94µg (1.23%)