



WHATSheATE



## Lime & ginger drizzle cake



Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



457 kcal

DESSERT

### Ingredients

- ☐ 200 g butter unsalted softened for the tin
- ☐ 175 g caster sugar
- ☐ 4 limes
- ☐ 3 large eggs beaten
- ☐ 200 g flour plain
- ☐ 1 tsp double-acting baking powder
- ☐ 1 tsp ground ginger
- ☐ 50 g desiccated coconut

- ☐ 3 balls stem ginger finely chopped
- ☐ 2 tbsp milk
- ☐ 3 tbsp granulated sugar
- ☐ 3 tbsp stem ginger syrup
- ☐ 8 servings crystallised ginger chopped

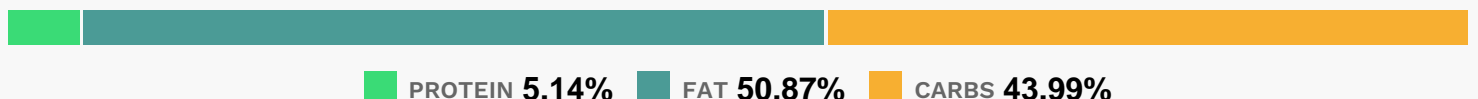
## Equipment

- ☐ oven
- ☐ skewers
- ☐ palette knife

## Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Butter and line the base and ends of a 900g loaf tin with a strip of buttered baking parchment. Cream the butter and caster sugar together until really pale, light and fluffy. Grate the zest from 3 of the limes and add to the mixture. Gradually add the eggs, mixing well between each addition.
- ☐ Sift together the flour, baking powder, ground ginger and a pinch of salt. Using a large metal spoon, fold into the cake mixture with the coconut and chopped stem ginger.
- ☐ Add the milk and juice from 2 of the limes and mix until smooth. Spoon the mixture into the prepared tin and spread level using a palette knife.
- ☐ Bake in the bottom third of the oven for 1 hr – 1 hr 15 mins, or until golden brown a skewer inserted into the middle of the cake should come out clean. Cool the cake in the tin for 10–15 mins.
- ☐ Use a wooden skewer to make holes all over the top of the cake. Meanwhile, mix the remaining lime juice with the granulated sugar and the stem ginger syrup. Slowly spoon the sugary mixture over the top of the warm cake and leave in the tin until completely cold. Top with the chopped crystallised ginger to serve.

## Nutrition Facts



## Properties

Glycemic Index:52.77, Glycemic Load:33.37, Inflammation Score:-6, Nutrition Score:9.2513043362161%

## Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 457.21kcal (22.86%), Fat: 26.66g (41.01%), Saturated Fat: 17.14g (107.11%), Carbohydrates: 51.88g (17.29%), Net Carbohydrates: 49.11g (17.86%), Sugar: 27.77g (30.86%), Cholesterol: 123.95mg (41.32%), Sodium: 96.21mg (4.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.06g (12.11%), Selenium: 16.16µg (23.09%), Manganese: 0.44mg (21.93%), Vitamin A: 748.89IU (14.98%), Vitamin B1: 0.22mg (14.82%), Folate: 59.13µg (14.78%), Vitamin B2: 0.24mg (14.29%), Vitamin C: 10.09mg (12.23%), Iron: 2.05mg (11.4%), Fiber: 2.76g (11.06%), Phosphorus: 107.49mg (10.75%), Vitamin B3: 1.67mg (8.34%), Calcium: 72.65mg (7.26%), Copper: 0.14mg (6.97%), Vitamin E: 0.91mg (6.05%), Vitamin B5: 0.57mg (5.72%), Vitamin D: 0.79µg (5.28%), Magnesium: 19.12mg (4.78%), Potassium: 156.72mg (4.48%), Vitamin B6: 0.09mg (4.42%), Zinc: 0.65mg (4.3%), Vitamin B12: 0.23µg (3.83%), Vitamin K: 2.12µg (2.02%)