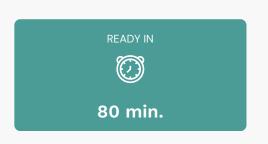


Louise Read's Coffee crunch cake







DESSERT

Ingredients

Ш	175 g butter softened for greasing
	175 g sugar
	3 medium eggs
	175 g self raising flour
	1 tsp double-acting baking powder
	2 egg whites
	100 g sugar

3 tsp coffee instant

	25 g walnut pieces chopped	
	100 g butter softened	
	50 g powdered sugar sifted	
	3 tbsp powdered sugar	
Equipment		
	oven	
	whisk	
	wire rack	
	skewers	
Di	rections	
Ш	Make the meringue: whisk the egg whites until stiff, add half the sugar, whisk again until stiff, then repeat with the remaining sugar.	
	Mix the coffee with 3 tbsp boiling water to dissolve the granules. Gently fold the walnuts and tsp of the coffee into the meringue. Set aside while you make the cake mixture.	
	Heat oven to 180C/160C fan/gas	
	Grease 2 x 20cm loose-bottomed sandwich tins and line the bases with baking parchment. Beat together the butter and sugar until light and fluffy, then gradually whisk in the eggs. Fold in the flour and baking powder, then finally fold in 2 tsp of the coffee liquid. Divide the mixture between the 2 tins, putting a little more mixture in one than the other.	
	Spread the meringue on top of the tin containing less cake mix.	
	Bake the untopped sponge for about 20 mins until an inserted skewer comes out clean. Continue baking the meringue-topped sponge for an additional 20 mins, then carefully remove both cakes from their tins and leave to cool on a wire rack.	
	To make the filling, beat the butter and icing sugar together, adding 2 tsp more coffee. To make the icing, mix a final tsp of the coffee into the icing sugar.	
	Add a drop more water to make a runny icing. 5 Sandwich the 2 cakes together with the coffee filling, putting the meringuetopped sponge on top.	
	Drizzlo all over with the coffee joing to finish	

Nutrition Facts

Properties

Glycemic Index:52.4, Glycemic Load:34.48, Inflammation Score:-5, Nutrition Score:5.8130434720736%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg

Nutrients (% of daily need)

Calories: 543.32kcal (27.17%), Fat: 31.97g (49.19%), Saturated Fat: 18.43g (115.19%), Carbohydrates: 60.4g (20.13%), Net Carbohydrates: 59.66g (21.7%), Sugar: 43.64g (48.49%), Cholesterol: 135.29mg (45.1%), Sodium: 319.03mg (13.87%), Alcohol: Og (100%), Alcohol %: O% (100%), Caffeine: 11.77mg (3.92%), Protein: 6.33g (12.66%), Selenium: 16.06µg (22.94%), Vitamin A: 949.19IU (18.98%), Manganese: 0.29mg (14.68%), Phosphorus: 87.81mg (8.78%), Vitamin B2: 0.15mg (8.61%), Vitamin E: 1.08mg (7.2%), Calcium: 59.11mg (5.91%), Copper: 0.11mg (5.34%), Folate: 19.37µg (4.84%), Vitamin B5: 0.42mg (4.19%), Iron: 0.69mg (3.84%), Magnesium: 15.28mg (3.82%), Zinc: 0.53mg (3.56%), Vitamin B12: 0.21µg (3.53%), Fiber: 0.74g (2.94%), Vitamin B6: 0.05mg (2.72%), Potassium: 93.16mg (2.66%), Vitamin K: 2.61µg (2.49%), Vitamin B1: 0.04mg (2.45%), Vitamin D: 0.33µg (2.2%), Vitamin B3: 0.39mg (1.97%)