



Marrow & pecan cake with maple icing

READY IN



105 min.

SERVINGS



16

CALORIES



478 kcal

DESSERT

Ingredients

- ☐ 250 ml unrefined sunflower oil for greasing
- ☐ 300 g self-raising flour
- ☐ 3 tsp spice mixed
- ☐ 0.5 tsp double-acting baking powder
- ☐ 250 g brown sugar light soft
- ☐ 4 large eggs
- ☐ 1 orange zest finely grated
- ☐ 300 g marrow flesh grated
- ☐ 200 g pecan roughly chopped

- ☐ 50 g butter softened
- ☐ 250 g cream cheese
- ☐ 4 tbsp maple syrup

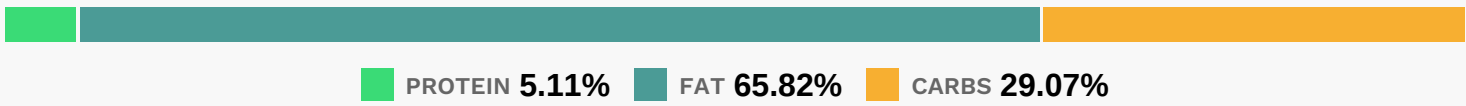
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ cake form
- ☐ spatula
- ☐ skewers

Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ Grease and line a 22cm round springform cake tin with baking parchment. Sift the flour, spice and baking powder into a bowl and crumble in the sugar. In a separate bowl, beat the eggs with the orange zest and juice, then pour in the oil.
- ☐ Add the marrow and 150g of the pecans to the oil mixture, then beat into the flour until combined. Tip into the cake tin, smooth the top and bake for 1 hr 20 mins, or until a skewer comes out clean. Leave to cool for 30 mins in the tin before removing and placing on a wire rack to cool completely.
- ☐ While the cake is cooling, make the icing by beating all the ingredients together. When the cake has cooled, use a spatula to spread the icing over the top.
- ☐ Sprinkle over the rest of the pecans to decorate and serve.

Nutrition Facts



Properties

Glycemic Index:17.66, Glycemic Load:10.36, Inflammation Score:-3, Nutrition Score:9.2852173266204%

Flavonoids

Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg Delphinidin: 0.91mg, Delphinidin: 0.91mg, Delphinidin: 0.91mg, Delphinidin: 0.91mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg

Nutrients (% of daily need)

Calories: 477.79kcal (23.89%), Fat: 35.7g (54.93%), Saturated Fat: 7.42g (46.35%), Carbohydrates: 35.48g (11.83%), Net Carbohydrates: 33.69g (12.25%), Sugar: 19.37g (21.52%), Cholesterol: 69mg (23%), Sodium: 107.56mg (4.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.47%), Manganese: 0.9mg (45.03%), Vitamin E: 6.51mg (43.41%), Selenium: 13.36µg (19.09%), Vitamin B2: 0.19mg (10.96%), Phosphorus: 103.02mg (10.3%), Copper: 0.21mg (10.29%), Vitamin A: 375.04IU (7.5%), Vitamin B1: 0.11mg (7.49%), Fiber: 1.79g (7.14%), Zinc: 1.02mg (6.79%), Calcium: 65.1mg (6.51%), Magnesium: 25.95mg (6.49%), Iron: 1.09mg (6.03%), Vitamin B5: 0.5mg (4.98%), Folate: 16.78µg (4.2%), Potassium: 144.76mg (4.14%), Vitamin B6: 0.07mg (3.63%), Vitamin B12: 0.15µg (2.52%), Vitamin B3: 0.4mg (2.01%), Vitamin K: 1.96µg (1.87%), Vitamin D: 0.25µg (1.67%), Vitamin C: 1.25mg (1.51%)