



Nutty apple streusel cake

 Vegetarian

READY IN



30 min.

SERVINGS



10

CALORIES



535 kcal

DESSERT

Ingredients

- ☐ 200 g g muscovado sugar light
- ☐ 200 g butter softened
- ☐ 4 eggs beaten
- ☐ 100 g self raising flour
- ☐ 100 g flour plain
- ☐ 2 tsp double-acting baking powder
- ☐ 3 tbsp milk
- ☐ 2 tsp spice mixed

- ☐ 4 small apples cored peeled (Cox's are ideal)
- ☐ 1 tbsp g muscovado sugar light
- ☐ 1 tbsp flour plain
- ☐ 2 tbsp butter
- ☐ 50 g hazelnuts roughly chopped
- ☐ 100 g butter softened
- ☐ 140 g powdered sugar sifted

Equipment

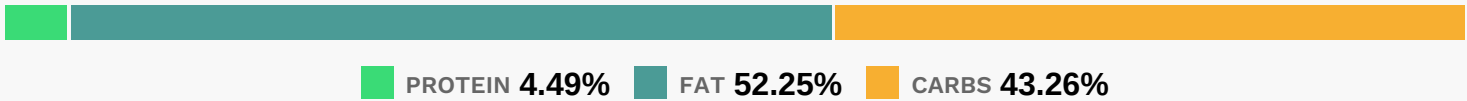
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ spatula

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Butter two 20cm sandwich tins and line with non-stick baking paper. In a large bowl, beat all the cake ingredients together until you have a smooth, soft batter.
- ☐ Divide the mixture between the tins, smooth the surface with a spatula or the back of a spoon. Once the cake mix is in the pan, poke into it thick slices from the 4 peeled and cored small eating apples (Coxs are ideal). Then bake for about 30 mins (half way through baking add the streusel mix on top of one of the cakes, see next step below) until golden and the cake springs back when pressed. Turn onto a cooling rack and leave to cool completely.
- ☐ Meanwhile, roughly rub together the light muscovado sugar, plain flour and butter.
- ☐ Mix in the roughly chopped blanched hazelnuts. Half-way through baking, sprinkle the streusel mix on top of one of the cakes.
- ☐ To make the filling, beat the butter until smooth and creamy, then gradually beat in icing sugar. Beat in vanilla extract if youre using it.

Spread the butter cream over the bottom of the sponge that doesnt have the streusel on top and sandwich the two halves of the cake. Keep in an airtight container and eat within 2 days.

Nutrition Facts



Properties

Glycemic Index:46.9, Glycemic Load:7.66, Inflammation Score:-6, Nutrition Score:10.047391155492%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 4.5mg, Epicatechin: 4.5mg, Epicatechin: 4.5mg, Epicatechin: 4.5mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 535.43kcal (26.77%), Fat: 32.07g (49.33%), Saturated Fat: 17.85g (111.55%), Carbohydrates: 59.74g (19.91%), Net Carbohydrates: 56.43g (20.52%), Sugar: 41.08g (45.64%), Cholesterol: 136.62mg (45.54%), Sodium: 342.82mg (14.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.19g (12.39%), Manganese: 0.9mg (45.17%), Selenium: 16.72µg (23.88%), Vitamin A: 958.33IU (19.17%), Phosphorus: 136.02mg (13.6%), Fiber: 3.31g (13.23%), Vitamin E: 1.93mg (12.84%), Calcium: 112.08mg (11.21%), Copper: 0.19mg (9.4%), Vitamin B2: 0.15mg (8.73%), Magnesium: 33.5mg (8.38%), Iron: 1.45mg (8.03%), Vitamin B1: 0.12mg (7.87%), Vitamin B6: 0.14mg (7.06%), Folate: 26.08µg (6.52%), Potassium: 215.11mg (6.15%), Vitamin B5: 0.54mg (5.4%), Zinc: 0.79mg (5.26%), Vitamin K: 4.72µg (4.5%), Vitamin B3: 0.85mg (4.24%), Vitamin B12: 0.24µg (3.95%), Vitamin C: 3.15mg (3.82%), Vitamin D: 0.4µg (2.68%)