



Orange blossom cakes

 Vegetarian

READY IN



55 min.

SERVINGS



10

CALORIES



228 kcal

DESSERT

Ingredients

- ☐ 120 g butter softened for greasing
- ☐ 140 g self raising flour
- ☐ 120 g brown sugar
- ☐ 0.5 tsp double-acting baking powder
- ☐ 2 eggs
- ☐ 0.5 yogurt
- ☐ 1 lime zest
- ☐ 3 tbsp orange-flower water

☐ 10 servings powdered sugar

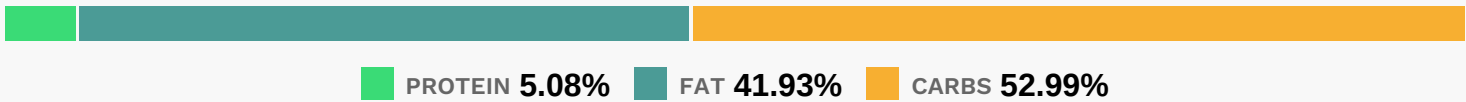
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ skewers
- ☐ muffin tray

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Line 10 holes of a muffin tin with cases (or grease some individual cake moulds). Beat the butter, flour, sugar, baking powder, eggs, yogurt, zest and 2 tbsp orange blossom water in a large bowl with an electric whisk until lump-free. Spoon into the cases (or fill cake moulds three-quarters full), and bake for 18-22 mins until golden and risen a skewer poked in should come out clean (check cake moulds after 15 mins).
- ☐ Drizzle with remaining orange blossom water while warm, then cool. Dust with icing sugar to serve.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:6.81, Inflammation Score:-2, Nutrition Score:2.8295652088912%

Flavonoids

Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 228.05kcal (11.4%), Fat: 10.82g (16.64%), Saturated Fat: 6.48g (40.5%), Carbohydrates: 30.75g (10.25%), Net Carbohydrates: 30.23g (10.99%), Sugar: 19.66g (21.85%), Cholesterol: 58.54mg (19.51%), Sodium: 117.99mg (5.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Selenium: 8.6µg (12.29%), Vitamin A:

351.08IU (7.02%), Manganese: 0.12mg (6.1%), Phosphorus: 40.66mg (4.07%), Calcium: 35.73mg (3.57%), Vitamin B2: 0.06mg (3.27%), Vitamin E: 0.44mg (2.94%), Folate: 9.78µg (2.44%), Iron: 0.44mg (2.43%), Vitamin B5: 0.24mg (2.4%), Vitamin C: 1.95mg (2.36%), Copper: 0.04mg (2.12%), Fiber: 0.52g (2.1%), Zinc: 0.26mg (1.7%), Vitamin B12: 0.1µg (1.65%), Magnesium: 6.35mg (1.59%), Potassium: 52.1mg (1.49%), Vitamin B6: 0.03mg (1.42%), Vitamin D: 0.18µg (1.17%), Vitamin B1: 0.02mg (1.16%)