



Orange drizzle cake

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



478 kcal

DESSERT

Ingredients

- ☐ 200 g butter soft for greasing
- ☐ 200 g self-raising flour
- ☐ 1 tsp double-acting baking powder
- ☐ 200 g golden caster sugar
- ☐ 4 eggs
- ☐ 2 orange zest
- ☐ 100 g rough sugar cube white
- ☐ 1 orange zest

- ☐ 100 ml crème fraîche
- ☐ 6 tbsp orange curd

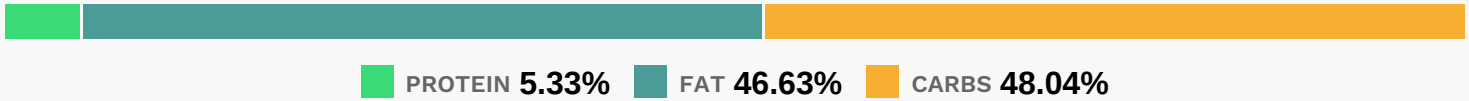
Equipment

- ☐ oven

Directions

- ☐ Heat the oven, line the tins and make the sponge exactly as described in the 'Goes well with' recipe, simply adding the orange zest to the sponge mixture.
- ☐ For the drizzle, roughly crush the sugar cubes with orange juice until they absorb the juice and become slushy. For the filling, whip the crme frache until stiff.
- ☐ Spread over one of the sponges, then spread the other with orange curd and sandwich the two together. Spoon over the drizzle and serve.

Nutrition Facts



Properties

Glycemic Index:40.2, Glycemic Load:21.07, Inflammation Score:-5, Nutrition Score:7.0156522004501%

Flavonoids

Hesperetin: 3.02mg, Hesperetin: 3.02mg, Hesperetin: 3.02mg, Hesperetin: 3.02mg Naringenin: 1.7mg, Naringenin: 1.7mg, Naringenin: 1.7mg, Naringenin: 1.7mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 478.03kcal (23.9%), Fat: 25.2g (38.77%), Saturated Fat: 14.83g (92.69%), Carbohydrates: 58.44g (19.48%), Net Carbohydrates: 57.09g (20.76%), Sugar: 38.35g (42.61%), Cholesterol: 142.76mg (47.59%), Sodium: 264.47mg (11.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.48g (12.96%), Selenium: 17.86µg (25.51%), Vitamin A: 863.6IU (17.27%), Vitamin C: 12.13mg (14.7%), Manganese: 0.22mg (11.24%), Calcium: 100.68mg (10.07%), Phosphorus: 99.14mg (9.91%), Vitamin B2: 0.16mg (9.14%), Vitamin E: 0.99mg (6.59%), Folate: 24.99µg (6.25%), Vitamin B5: 0.6mg (5.98%), Fiber: 1.34g (5.38%), Iron: 0.92mg (5.1%), Vitamin B12: 0.26µg (4.4%), Copper: 0.09mg (4.27%), Potassium: 139.77mg (3.99%), Zinc: 0.59mg (3.91%), Vitamin B6: 0.08mg (3.86%), Magnesium: 15.11mg

(3.78%), Vitamin B1: 0.05mg (3.17%), Vitamin D: 0.44µg (2.93%), Vitamin K: 2.07µg (1.97%), Vitamin B3: 0.39mg (1.94%)