



Orange & poppy seed cake with chocolate sauce

READY IN



65 min.

SERVINGS



8

CALORIES



609 kcal

DESSERT

Ingredients

- ☐ 250 g butter at room temperature
- ☐ 200 g golden caster sugar
- ☐ 3 eggs
- ☐ 250 g flour plain sifted
- ☐ 1.5 tsp double-acting baking powder
- ☐ 4 juice of orange
- ☐ 50 g poppy seed toasted
- ☐ 100 ml double cream

☐ 100 g chocolate chopped

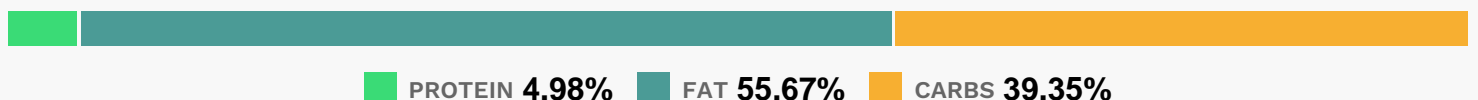
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ hand mixer
- ☐ cake form
- ☐ slotted spoon

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Grease a 20cm springform cake tin or line a similar-size cake tin with baking paper. Using an electric mixer, combine 200g butter and 200g sugar in a large bowl. Beat until light and creamy, about 2 mins, then add the eggs, one at a time, beating well after you add each one. Tip in the flour and baking powder, mix for a few secs, then add the orange juice, zest of 2 oranges and poppy seeds. Stir everything together, then pour into the cake tin.
- ☐ Bake for 50 mins, then remove from the oven. Cool completely in the tin.
- ☐ Meanwhile, make the candied orange zest by combining the remaining zest (finely sliced), 25g sugar and 100ml water in a small pan. Bring to the boil and cook for 5 mins until thick.
- ☐ Remove the zest with a slotted spoon onto a sheet of non-stick baking paper.
- ☐ For the sauce, heat the cream in a small pan until nearly boiling.
- ☐ Put the chocolate and remaining butter into a bowl, then pour the hot cream over it and leave for 1 min to melt. Stir together until smooth, then let it sit until the cake is cool (if it hardens, just reheat gently).
- ☐ Drizzle the sauce over the cake, sprinkle with the candied zest and serve.

Nutrition Facts



Properties

Glycemic Index:39.58, Glycemic Load:22.02, Inflammation Score:-7, Nutrition Score:13.458260888639%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.59mg, Hesperetin: 3.59mg, Hesperetin: 3.59mg, Hesperetin: 3.59mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 609.31kcal (30.47%), Fat: 38.69g (59.52%), Saturated Fat: 22.32g (139.49%), Carbohydrates: 61.53g (20.51%), Net Carbohydrates: 58.72g (21.35%), Sugar: 33.92g (37.69%), Cholesterol: 142.78mg (47.59%), Sodium: 330.74mg (14.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.25mg (2.75%), Protein: 7.78g (15.56%), Manganese: 0.72mg (35.96%), Selenium: 17.87µg (25.53%), Vitamin B1: 0.34mg (22.59%), Vitamin A: 1114.88IU (22.3%), Folate: 81.13µg (20.28%), Calcium: 197.33mg (19.73%), Vitamin C: 15.14mg (18.35%), Vitamin B2: 0.31mg (18.19%), Phosphorus: 178.96mg (17.9%), Iron: 3.05mg (16.92%), Magnesium: 51.96mg (12.99%), Copper: 0.26mg (12.84%), Fiber: 2.81g (11.25%), Vitamin B3: 2.17mg (10.83%), Zinc: 1.19mg (7.96%), Vitamin E: 1.19mg (7.92%), Potassium: 250.26mg (7.15%), Vitamin B5: 0.58mg (5.75%), Vitamin B6: 0.09mg (4.51%), Vitamin B12: 0.22µg (3.67%), Vitamin D: 0.53µg (3.54%), Vitamin K: 3.55µg (3.38%)