



Passion cake

READY IN



85 min.

SERVINGS



10

CALORIES



730 kcal

DESSERT

Ingredients

- ☐ 150 ml unrefined sunflower oil for the tin plus a little extra
- ☐ 300 g self raising flour
- ☐ 1 tsp ground cinnamon
- ☐ 1 tsp double-acting baking powder
- ☐ 300 g sugar
- ☐ 50 g coconut flakes
- ☐ 2 egg whites whole beaten
- ☐ 2 banana mashed
- ☐ 140 g carrots grated

- ☐ 432 g pineapple rings crushed drained canned (or briefly whizz a can of pineapple chunks, then sieve)
- ☐ 100 ml milk
- ☐ 4 fruit ripe halved
- ☐ 25 g sugar
- ☐ 200 g cheese soft
- ☐ 100 g butter softened
- ☐ 85 g powdered sugar
- ☐ 1 tsp vanilla extract

Equipment

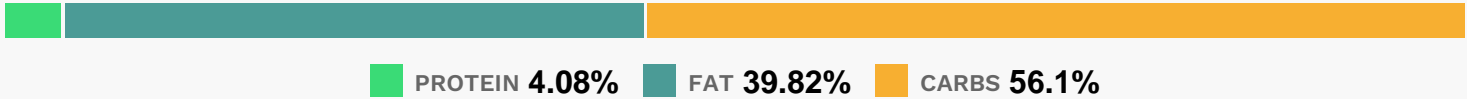
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ spatula
- ☐ skewers

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Oil and line the bases of 3 x 20cm sandwich tins with baking parchment.
- ☐ Mix the flour, cinnamon, baking powder, half the sugar and the coconut in a large mixing bowl. In another bowl mix the beaten whole eggs, mashed bananas, grated carrot, drained crushed pineapple, milk and oil. Beat the egg whites until stiff, then add the remaining sugar and beat until stiff and shiny again.
- ☐ Stir the wet mixture into the dry until smooth and lump-free, then using a large metal spoon or spatula, fold in the egg white mixture. Divide evenly between the tins and bake for 25 mins until risen and a skewer comes out clean. You might need to swap the position of the tins after 20 mins.
- ☐ For the drizzle, scoop out the passion fruit pulp into a small pan.
- ☐ Add the pineapple juice and caster sugar and heat until bubbling, then bubble until syrupy. For the icing, beat the cheese and butter until lump-free, then beat in icing sugar and vanilla. Chill until ready to assemble.

- ☐ Poke the cakes all over with a skewer, drizzle over most of the passion syrup, then cool. Once cool, spread the icing over two of the sponges. Sandwich together and top with the third, un-iced, sponge.
- ☐ Drizzle over the remaining syrup.

Nutrition Facts



Properties

Glycemic Index:52.08, Glycemic Load:40.44, Inflammation Score:-9, Nutrition Score:14.696086945741%

Flavonoids

Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 730.04kcal (36.5%), Fat: 33.32g (51.27%), Saturated Fat: 13.72g (85.76%), Carbohydrates: 105.63g (35.21%), Net Carbohydrates: 99.51g (36.19%), Sugar: 72.52g (80.57%), Cholesterol: 42.94mg (14.31%), Sodium: 212.08mg (9.22%), Alcohol: 0.14g (100%), Alcohol %: 0.05% (100%), Protein: 7.69g (15.38%), Vitamin A: 3455.72IU (69.11%), Vitamin E: 6.36mg (42.4%), Manganese: 0.56mg (27.93%), Fiber: 6.12g (24.48%), Selenium: 16.73µg (23.9%), Copper: 0.31mg (15.48%), Vitamin C: 10.98mg (13.32%), Potassium: 456.91mg (13.05%), Vitamin K: 12.63µg (12.03%), Phosphorus: 119.5mg (11.95%), Vitamin B2: 0.2mg (11.7%), Vitamin B6: 0.21mg (10.59%), Magnesium: 39.76mg (9.94%), Calcium: 92.51mg (9.25%), Vitamin B1: 0.12mg (8.03%), Vitamin B3: 1.5mg (7.49%), Iron: 1.34mg (7.45%), Folate: 25.85µg (6.46%), Vitamin B5: 0.54mg (5.38%), Zinc: 0.79mg (5.28%), Vitamin B12: 0.12µg (2.03%)