



Peach & redcurrant sour cream ring

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



600 kcal

SIDE DISH

Ingredients

- ☐ 3 peaches ripe halved
- ☐ 5 tbsp peach conserve
- ☐ 100 g redcurrants fresh
- ☐ 250 g self-raising flour
- ☐ 1 tsp double-acting baking powder
- ☐ 175 g butter softened
- ☐ 175 g golden caster sugar
- ☐ 2 eggs beaten

- ☐ 1 tsp vanilla extract
- ☐ 4 tbsp milk
- ☐ 170 ml pot soured cream

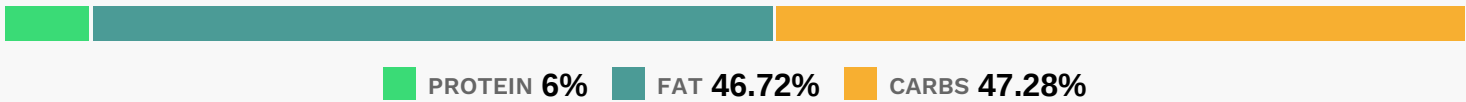
Equipment

- ☐ oven
- ☐ cake form

Directions

- ☐ Heat oven to 190C/fan 170C/gas 5 and butter a non-stick 23cm ring tin. Arrange the peaches, cut side up, in the base if the tin, then randomly spoon in the peach conserve and scatter over the redcurrants.
- ☐ To make the cake, beat together the flour, baking powder, butter, sugar, eggs, vanilla and milk until well mixed, then stir in the sour cream. Spoon the mixture into the cake tin, then level the surface.
- ☐ Bake for 35–40 mins until the cake is well risen, golden, and springs back when lightly pressed. Cool for a few mins, then carefully turn out onto a plate. You can serve warm with cream as a dessert or cold as a cake.

Nutrition Facts



Properties

Glycemic Index:54.58, Glycemic Load:22.98, Inflammation Score:-7, Nutrition Score:10.732173961142%

Flavonoids

Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg Epicatechin: 2.04mg, Epicatechin: 2.04mg, Epicatechin: 2.04mg, Epicatechin: 2.04mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 600.31kcal (30.02%), Fat: 31.67g (48.73%), Saturated Fat: 18.54g (115.87%), Carbohydrates: 72.12g (24.04%), Net Carbohydrates: 69.09g (25.12%), Sugar: 38.56g (42.84%), Cholesterol: 134.72mg (44.91%), Sodium: 322.55mg (14.02%), Alcohol: 0.24g (100%), Alcohol %: 0.12% (100%), Protein: 9.15g (18.3%), Selenium: 24.83µg (35.47%), Vitamin A: 1288.36IU (25.77%), Manganese: 0.44mg (22.11%), Phosphorus: 152.04mg (15.2%), Calcium: 139.91mg (13.99%), Vitamin C: 10.66mg (12.92%), Fiber: 3.03g (12.11%), Vitamin E: 1.76mg (11.74%), Vitamin B2: 0.2mg (11.65%), Copper: 0.19mg (9.58%), Potassium: 310.68mg (8.88%), Iron: 1.41mg (7.85%), Vitamin B5: 0.75mg (7.52%), Folate: 30.03µg (7.51%), Magnesium: 28.78mg (7.2%), Vitamin K: 7.11µg (6.77%), Zinc: 0.95mg (6.34%), Vitamin B3: 1.23mg (6.16%), Vitamin B1: 0.08mg (5.3%), Vitamin B6: 0.1mg (5.21%), Vitamin B12: 0.29µg (4.87%), Vitamin D: 0.4µg (2.69%)