



WHATSheATE



Peanut butter cake

 Popular

READY IN



50 min.

SERVINGS



12

CALORIES



369 kcal

DESSERT

Ingredients

- ☐ 200 g butter softened for greasing
- ☐ 3 tbsp smooth peanut butter for the middle (if you like
- ☐ 4 large eggs
- ☐ 200 g golden caster sugar
- ☐ 150 g pot natural yogurt
- ☐ 200 g self-raising flour
- ☐ 50 g roasted peanuts salted
- ☐ 1 tbsp icing sugar

- ☐ 100 g chocolate roughly chopped
- ☐ 2 tbsp milk
- ☐ 3 tbsp dulce de leche

Equipment

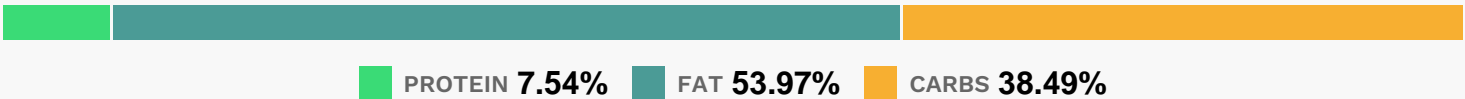
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ microwave
- ☐ spatula
- ☐ palette knife

Directions

- ☐ Butter 2 x 20cm non-stick sandwich tins and line with circles of baking paper.
- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Using electric hand beaters, beat the butter, 3 tbsp peanut butter, eggs, sugar and yogurt together until smooth and creamy. Fold in the flour, then split the mix between the tins, using a spatula to get every last bit.
- ☐ Bake for 30 mins until risen and golden.
- ☐ Meanwhile, toss the salted peanuts and icing sugar with tsp water until well coated and claggy.
- ☐ Spread over a non-stick baking sheet. When the cakes are ready, leave them to cool for 5 mins in the tin, then turn onto a cooling rack to cool completely. Turn the oven up to 200C/fan 180C/gas 6, then roast the nuts for 10 mins, tossing them a couple of times until golden and coated in a shiny caramel. Tip onto a lightly buttered plate. Make the topping while you wait: melt the chocolate and milk together in a pan over simmering water or microwave on High for 1 min, then stir to melt. Leave to cool.
- ☐ Put one of the sponges onto a plate, spread with 2 tbsp peanut butter (or more), then dot with the dulce de leche and spread with a palette knife. Sandwich the second sponge on top,

then spread with the chocolate topping. Scatter with the caramelised peanuts to serve.

Nutrition Facts



Properties

Glycemic Index:22.72, Glycemic Load:10.04, Inflammation Score:-4, Nutrition Score:6.4600000621184%

Nutrients (% of daily need)

Calories: 368.81kcal (18.44%), Fat: 22.8g (35.08%), Saturated Fat: 11.83g (73.94%), Carbohydrates: 36.59g (12.2%), Net Carbohydrates: 35.16g (12.79%), Sugar: 22.35g (24.84%), Cholesterol: 99.76mg (33.25%), Sodium: 179.08mg (7.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.5mg (1.83%), Protein: 7.17g (14.33%), Selenium: 13.14µg (18.77%), Manganese: 0.35mg (17.29%), Phosphorus: 110.17mg (11.02%), Vitamin A: 523.26IU (10.47%), Vitamin B2: 0.14mg (8.49%), Magnesium: 32.98mg (8.24%), Copper: 0.14mg (7.18%), Vitamin B3: 1.43mg (7.13%), Vitamin E: 1.02mg (6.82%), Folate: 23.82µg (5.95%), Fiber: 1.42g (5.68%), Calcium: 56mg (5.6%), Iron: 0.96mg (5.36%), Vitamin B5: 0.53mg (5.33%), Zinc: 0.77mg (5.14%), Potassium: 168.03mg (4.8%), Vitamin B6: 0.08mg (3.97%), Vitamin B12: 0.24µg (3.94%), Vitamin B1: 0.05mg (3.08%), Vitamin D: 0.37µg (2.49%), Vitamin K: 1.84µg (1.75%)