



## Pecan toffee cake

 Vegetarian

READY IN



55 min.

SERVINGS



8

CALORIES



732 kcal

DESSERT

### Ingredients

- ☐ 300 g pecans
- ☐ 140 g dates
- ☐ 200 g butter softened for greasing
- ☐ 200 g g muscovado sugar light
- ☐ 1 tsp spice mixed
- ☐ 4 eggs beaten
- ☐ 140 g self raising flour
- ☐ 8 servings maple syrup

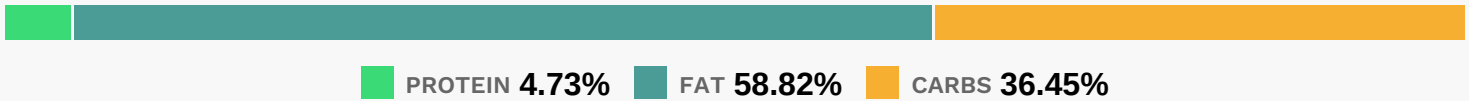
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ cake form
- ☐ skewers

# Directions

- ☐ Tip 100g pecans into a processor and whizz until fine, then tip into a bowl.
- ☐ Put the dates into a small pan with enough water to cover, boil for 5 mins until very soft.
- ☐ Drain, discarding the liquid, then whizz in the processor until smooth. Leave to cool.
- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Butter and line the base of a 23cm cake tin. Beat the butter, sugar and spice together until lighter and creamy, then tip in the dates, ground pecans, eggs and a pinch of salt and beat briefly until smooth.
- ☐ Fold in the flour with a metal spoon, then spoon into the tin and level the top.
- ☐ Sprinkle the remaining nuts over the top (dont press them in), then bake for 40 mins or until risen and golden and a skewer comes out clean.
- ☐ Serve warm, with generous drizzles of maple syrup and scoops of Maple crunch ice cream (see 'goes well with').

# Nutrition Facts



# Properties

Glycemic Index:26.94, Glycemic Load:19.41, Inflammation Score:-6, Nutrition Score:15.875652248445%

# Flavonoids

Cyanidin: 4.32mg, Cyanidin: 4.32mg, Cyanidin: 4.32mg, Cyanidin: 4.32mg Delphinidin: 2.73mg, Delphinidin: 2.73mg, Delphinidin: 2.73mg, Delphinidin: 2.73mg Catechin: 2.71mg, Catechin: 2.71mg, Catechin: 2.71mg, Catechin: 2.71mg

Epigallocatechin: 2.11mg, Epigallocatechin: 2.11mg, Epigallocatechin: 2.11mg, Epigallocatechin: 2.11mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epigallocatechin 3–gallate: 0.86mg, Epigallocatechin 3–gallate: 0.86mg, Epigallocatechin 3–gallate: 0.86mg, Epigallocatechin 3–gallate: 0.86mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

**Nutrients (% of daily need)**

Calories: 732.22kcal (36.61%), Fat: 49.76g (76.55%), Saturated Fat: 15.92g (99.5%), Carbohydrates: 69.38g (23.13%), Net Carbohydrates: 63.92g (23.24%), Sugar: 48.99g (54.43%), Cholesterol: 135.59mg (45.2%), Sodium: 201.62mg (8.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.99g (17.99%), Manganese: 2.39mg (119.69%), Copper: 0.55mg (27.33%), Vitamin B2: 0.43mg (25.54%), Selenium: 16.22µg (23.18%), Fiber: 5.46g (21.83%), Vitamin B1: 0.29mg (19.61%), Phosphorus: 182.55mg (18.26%), Magnesium: 67.21mg (16.8%), Zinc: 2.36mg (15.72%), Vitamin A: 767.3IU (15.35%), Potassium: 402.32mg (11.49%), Iron: 1.92mg (10.69%), Calcium: 98.28mg (9.83%), Vitamin E: 1.42mg (9.46%), Vitamin B5: 0.9mg (9.01%), Vitamin B6: 0.16mg (8.18%), Folate: 28.75µg (7.19%), Vitamin B3: 0.91mg (4.56%), Vitamin B12: 0.24µg (3.97%), Vitamin K: 3.72µg (3.55%), Vitamin D: 0.44µg (2.93%)