



## Pistachio praline & vanilla cake

READY IN



30 min.

SERVINGS



10

CALORIES



467 kcal

DESSERT

### Ingredients

- ☐ 200 g sugar
- ☐ 200 g butter softened
- ☐ 4 eggs beaten
- ☐ 150 g self raising flour
- ☐ 100 g pistachios
- ☐ 1 tsp double-acting baking powder
- ☐ 2 tbsp milk
- ☐ 200 g cheese soft
- ☐ 100 g sugar

- ☐ 3 drops vanilla essence
- ☐ 2 tbsp water
- ☐ 1 handful pistachios roughly chopped

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ microwave
- ☐ spatula

## Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Butter two 20cm sandwich tins and line with non-stick baking paper. In a large bowl, beat all the cake ingredients together until you have a smooth, soft batter.
- ☐ Blitz the pistachios in a food processor until very fine.
- ☐ Add the self-raising flour and caster sugar to the nuts and blitz until completely combined.
- ☐ Add eggs, baking powder and milk and mix together.
- ☐ Divide the mixture between the tins, smooth the surface with a spatula or the back of a spoon, then bake for about 20 mins until golden and the cake springs back when pressed. Turn onto a cooling rack and leave to cool completely.
- ☐ For the filling mix the soft cheese with the caster sugar and a few drops of vanilla essence.
- ☐ Sandwich the sponges with the filling. For the topping, stir 2 tbsp water with 100g caster sugar in a microwaveable bowl and microwave on High for 3-4 mins until bubbling and starting to caramelise. Stir in a handful of roughly chopped pistachios then quickly spoon onto the cake. Keep in an airtight container and eat within 2 days.

## Nutrition Facts



 **PROTEIN 6.32%**  **FAT 56.03%**  **CARBS 37.65%**

Properties

Glycemic Index:45.02, Glycemic Load:28.78, Inflammation Score:-5, Nutrition Score:7.1613042535989%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 467.11kcal (23.36%), Fat: 29.8g (45.84%), Saturated Fat: 15.52g (97.03%), Carbohydrates: 45.05g (15.02%), Net Carbohydrates: 43.65g (15.87%), Sugar: 31.74g (35.26%), Cholesterol: 129.03mg (43.01%), Sodium: 267.15mg (11.62%), Alcohol: 0.01g (100%), Alcohol %: 0.01% (100%), Protein: 7.56g (15.12%), Selenium: 14.22µg (20.32%), Vitamin A: 910.51IU (18.21%), Phosphorus: 138.2mg (13.82%), Manganese: 0.25mg (12.43%), Vitamin B6: 0.22mg (11.04%), Vitamin B2: 0.17mg (9.9%), Copper: 0.18mg (8.88%), Calcium: 78.02mg (7.8%), Vitamin B1: 0.11mg (7.61%), Vitamin E: 1.11mg (7.43%), Fiber: 1.4g (5.6%), Vitamin B5: 0.54mg (5.35%), Magnesium: 20.8mg (5.2%), Folate: 20.77µg (5.19%), Iron: 0.93mg (5.17%), Potassium: 179.25mg (5.12%), Zinc: 0.71mg (4.74%), Vitamin B12: 0.25µg (4.18%), Vitamin D: 0.38µg (2.57%), Vitamin K: 1.93µg (1.84%), Vitamin B3: 0.32mg (1.62%)