



Poppyseed & honey cake

READY IN



60 min.

SERVINGS



8

CALORIES



396 kcal

DESSERT

Ingredients

- ☐ 140 g self raising flour for dusting
- ☐ 100 g brown sugar for dusting
- ☐ 175 g butter softened
- ☐ 85 g clear honey for a delicate flavour
- ☐ 3 medium eggs
- ☐ 25 g cornstarch
- ☐ 2 tbsp poppy seeds
- ☐ 100 g powdered sugar
- ☐ 1.5 tbsp sieved strawberry purée (made by crushing and sieving a handful of strawberries)

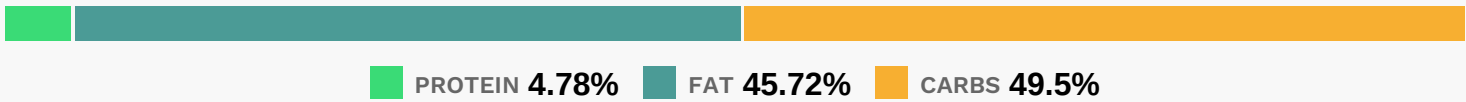
Equipment

- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ palette knife

Directions

- ☐ Heat the oven to 160C/fan 140C/gas
- ☐ Butter a 1.3 litre capacity ring tin (approx 20cm diameter) and dust the buttered surface with 1 tbsp each plain flour and caster sugar, then tap out the excess.
- ☐ Beat the butter, sugar and honey with a hand-held electric whisk, until pale and fluffy with a dropping consistency. Beat in the eggs one at a time.
- ☐ Mix the flour, cornflour and poppyseeds and fold into the creamed mixture.
- ☐ Spoon into the prepared tin and level the surface.
- ☐ Bake for about 35 mins until risen and firm to the touch. Leave to cool slightly in the tin then carefully remove, easing the sides with a palette knife. Cool on a wire rack.
- ☐ For the icing, mix both ingredients together then drizzle over the cake while its still on the rack and leave to set.
- ☐ Transfer to a plate to serve. Will keep in an airtight container in a cool place for up to 5 days.

Nutrition Facts



Properties

Glycemic Index:26.78, Glycemic Load:12.87, Inflammation Score:-4, Nutrition Score:5.1899999898413%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.69mg, Pelargonidin: 0.69mg, Pelargonidin: 0.69mg, Pelargonidin: 0.69mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg

Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 396.38kcal (19.82%), Fat: 20.52g (31.58%), Saturated Fat: 11.9g (74.39%), Carbohydrates: 50g (16.67%), Net Carbohydrates: 49.05g (17.84%), Sugar: 33.4g (37.11%), Cholesterol: 108.41mg (36.14%), Sodium: 169.49mg (7.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.66%), Selenium: 12.94µg (18.48%), Manganese: 0.32mg (16.01%), Vitamin A: 636.44IU (12.73%), Phosphorus: 76.03mg (7.6%), Calcium: 60.39mg (6.04%), Vitamin B2: 0.1mg (6.03%), Vitamin E: 0.8mg (5.32%), Copper: 0.09mg (4.65%), Iron: 0.83mg (4.62%), Folate: 16.99µg (4.25%), Magnesium: 16.22mg (4.05%), Zinc: 0.59mg (3.93%), Vitamin B5: 0.39mg (3.88%), Fiber: 0.95g (3.82%), Vitamin B12: 0.18µg (3.07%), Vitamin B1: 0.04mg (2.74%), Potassium: 88.07mg (2.52%), Vitamin B6: 0.05mg (2.48%), Vitamin D: 0.33µg (2.2%), Vitamin C: 1.7mg (2.07%), Vitamin K: 1.69µg (1.61%), Vitamin B3: 0.25mg (1.27%)