



## Porter Cake

 Vegetarian

READY IN



180 min.

SERVINGS



10

CALORIES



461 kcal

DESSERT

## Ingredients

- 1 teaspoon double-acting baking powder
- 225 g butter
- 75 g candied orange peel homemade store-bought chopped
- 2 eggs
- 1 teaspoon nutmeg grated
- 225 g brown sugar light packed
- 450 g flour plain all-purpose ()
- 12 ounce porter

- 1 teaspoon pumpkin pie spice mixed ( spice)
- 1 pinch salt

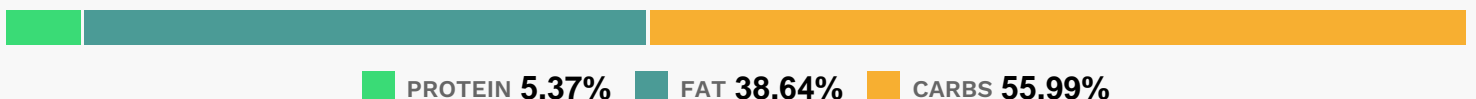
## Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- cake form
- aluminum foil
- skewers

## Directions

- Preheat the oven to 350°F (180°C/Gas mark 4). Line the sides and bottom of an 8-inch (20 cm) high-sided round cake pan (the sides should be about 2 3/4 inches/7 cm high) with waxed (greaseproof) paper.
- Sift the flour, nutmeg, spice, baking powder, and salt into a bowl. Rub in the butter, then stir in the brown sugar, raisins, and candied peel.
- Whisk the eggs in another bowl and add the porter.
- Pour into the dry ingredients and mix well.
- Pour into the prepared pan.
- Bake for about 2 hours. If the cake starts to brown too quickly on top, cover it with aluminum foil or waxed (greaseproof) paper after about 1 hour. The cake is done when a skewer inserted into the center comes out clean. Allow the cake to sit in the pan for about 20 minutes before turning it out and cooling it on a wire rack.
- From Rachel's Irish Family Food by Rachel Allen, © 2013 Harper Collins Publishers

## Nutrition Facts



## Properties

Glycemic Index:28.7, Glycemic Load:24.99, Inflammation Score:-6, Nutrition Score:8.5134781727%

## Nutrients (% of daily need)

Calories: 461.28kcal (23.06%), Fat: 19.63g (30.2%), Saturated Fat: 11.98g (74.85%), Carbohydrates: 63.99g (21.33%), Net Carbohydrates: 62.58g (22.76%), Sugar: 28.12g (31.24%), Cholesterol: 81.11mg (27.04%), Sodium: 218.13mg (9.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.14g (12.27%), Selenium: 18.52µg (26.46%), Vitamin B1: 0.36mg (23.92%), Folate: 87.59µg (21.9%), Manganese: 0.37mg (18.48%), Vitamin B2: 0.27mg (15.91%), Iron: 2.51mg (13.94%), Vitamin B3: 2.7mg (13.52%), Vitamin A: 611.95IU (12.24%), Phosphorus: 82.13mg (8.21%), Calcium: 62.34mg (6.23%), Fiber: 1.41g (5.63%), Copper: 0.09mg (4.35%), Vitamin E: 0.65mg (4.32%), Vitamin B5: 0.39mg (3.86%), Magnesium: 14.48mg (3.62%), Zinc: 0.47mg (3.12%), Potassium: 101.93mg (2.91%), Vitamin B6: 0.05mg (2.29%), Vitamin B12: 0.12µg (1.94%), Vitamin K: 1.82µg (1.73%), Vitamin D: 0.18µg (1.17%)