



Porter Cake

 Vegetarian

READY IN



180 min.

SERVINGS



10

CALORIES



597 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 225 g butter
- ☐ 75 g candied peel homemade store-bought chopped
- ☐ 2 eggs
- ☐ 1 teaspoon ground 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
- ☐ 450 g a mixture of both (sultanas)

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



 **PROTEIN 5.04%**  **FAT 29.35%**  **CARBS 65.61%**

Properties

Glycemic Index:34.37, Glycemic Load:44.25, Inflammation Score:-6, Nutrition Score:11.513043419175%

Flavonoids

Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 597.18kcal (29.86%), Fat: 19.84g (30.52%), Saturated Fat: 12.04g (75.27%), Carbohydrates: 99.77g (33.26%), Net Carbohydrates: 96.57g (35.11%), Sugar: 54.75g (60.84%), Cholesterol: 81.11mg (27.04%), Sodium: 223.53mg (9.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.66g (15.32%), Selenium: 18.83µg (26.91%), Manganese: 0.51mg (25.41%), Vitamin B1: 0.36mg (24.16%), Folate: 88.94µg (22.23%), Vitamin B2: 0.36mg (20.97%), Iron: 3.31mg (18.41%), Vitamin B3: 3.22mg (16.09%), Phosphorus: 133.88mg (13.39%), Fiber: 3.21g (12.83%), Copper: 0.25mg (12.52%), Potassium: 437.63mg (12.5%), Vitamin A: 611.95IU (12.24%), Vitamin B6: 0.19mg (9.56%), Calcium: 86.19mg (8.62%), Magnesium: 30.23mg (7.56%), Vitamin E: 0.7mg (4.68%), Vitamin B5: 0.45mg (4.49%), Zinc: 0.61mg (4.08%), Vitamin K: 3.39µg (3.23%), Vitamin B12: 0.12µg (1.94%), Vitamin C: 1.49mg (1.81%), Vitamin D: 0.18µg (1.17%)