



Posh spice cake

READY IN



120 min.

SERVINGS



12

CALORIES



335 kcal

Ingredients

- ☐ 85 g self raising flour
- ☐ 140 g flour plain
- ☐ 1 tsp double-acting baking powder
- ☐ 175 g brown sugar
- ☐ 4 cardamom pods
- ☐ 1 orange zest
- ☐ 0.5 tsp cinnamon
- ☐ 0.5 tsp spice mixed
- ☐ 0.3 tsp nutmeg
- ☐ 140 g butter cut into pieces

- ☐ 100 g pecans
- ☐ 85 g raisins green
- ☐ 85 g golden raisins
- ☐ 85 g cranberries dried
- ☐ 1 eggs
- ☐ 125 ml milk
- ☐ 12 servings ribbon
- ☐ 85 g cranberries frozen thawed
- ☐ 25 g brown sugar

Equipment

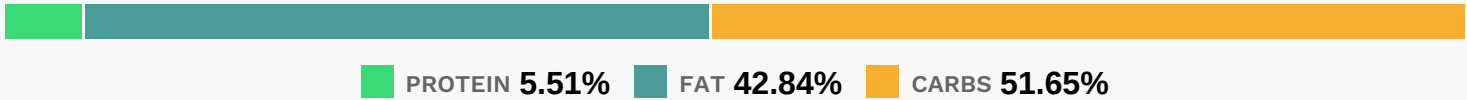
- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ cake form
- ☐ skewers
- ☐ mortar and pestle

Directions

- ☐ Butter and base-line a deep 18cm round, loose-bottomed cake tin.
- ☐ Heat oven to 170C/fan 150C/gas
- ☐ For the cake, stir together the flours, baking powder and sugar. Slit open the cardamom pods and remove the tiny seeds (discard the pods). Grind the seeds to a powder using a pestle and mortar, then stir into the flour mixture with the orange zest and all the other spices.
- ☐ Rub the butter into the mix until it looks like coarse crumbs. Coarsely chop half the pecans and stir into the mix with the raisins, sultanas and cranberries. Beat the egg, pour in the milk and stir into the cake mixture. Spoon the mixture into the tin, level the top and scatter over the remaining pecan halves.
- ☐ Bake for 45 mins, then lower the heat to 150C/fan 130C/ gas 2 and bake for another 45 mins.

- While the cake bakes, prepare the topping. Pat the cranberries dry on kitchen paper, then toss with the sugar in a small bowl. After the second 45 mins of baking, spoon the sugared cranberries over the top of the cake. Return to the oven for another 15–20 mins, or until the cranberries are sticky and a skewer inserted into the cake comes out clean.
- Leave the cake to cool in the tin, then turn out onto a wire rack. Decorate with ribbon. The cake is best kept overnight for the flavours to mellow before slicing. Will keep in an airtight tin for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:45.21, Glycemic Load:10.23, Inflammation Score:-4, Nutrition Score:9.3165217534356%

Flavonoids

Cyanidin: 7.47mg, Cyanidin: 7.47mg, Cyanidin: 7.47mg, Cyanidin: 7.47mg Delphinidin: 1.69mg, Delphinidin: 1.69mg, Delphinidin: 1.69mg, Delphinidin: 1.69mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 6.96mg, Peonidin: 6.96mg, Peonidin: 6.96mg, Peonidin: 6.96mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 335.45kcal (16.77%), Fat: 16.76g (25.78%), Saturated Fat: 6.94g (43.38%), Carbohydrates: 45.45g (15.15%), Net Carbohydrates: 41.59g (15.12%), Sugar: 21.92g (24.36%), Cholesterol: 40.01mg (13.34%), Sodium: 133.31mg (5.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.7%), Manganese: 1.23mg (61.48%), Selenium: 12.11µg (17.31%), Fiber: 3.87g (15.46%), Phosphorus: 120.44mg (12.04%), Copper: 0.23mg (11.55%), Magnesium: 38.87mg (9.72%), Vitamin B1: 0.14mg (9.35%), Iron: 1.53mg (8.51%), Calcium: 80.2mg (8.02%), Potassium: 263.19mg (7.52%), Vitamin A: 347.9IU (6.96%), Vitamin B6: 0.14mg (6.79%), Zinc: 0.95mg (6.36%), Vitamin B2: 0.1mg (5.97%), Vitamin C: 4.21mg (5.1%), Vitamin B3: 1mg (5%), Vitamin E: 0.74mg (4.96%), Vitamin B5: 0.36mg (3.65%), Folate: 12.47µg (3.12%), Vitamin K: 2.41µg (2.29%), Vitamin B12: 0.11µg (1.84%), Vitamin D: 0.19µg (1.28%)