



Raspberry & amaretti crunch cake

 Popular

READY IN



90 min.

SERVINGS



6

CALORIES



736 kcal

DESSERT

Ingredients

- ☐ 175 g butter soft
- ☐ 175 g brown sugar
- ☐ 3 eggs
- ☐ 140 g self raising flour
- ☐ 85 g almond flour
- ☐ 140 g amaretti cookies
- ☐ 250 g raspberries
- ☐ 6 servings powdered sugar

☐ 142 ml single cream

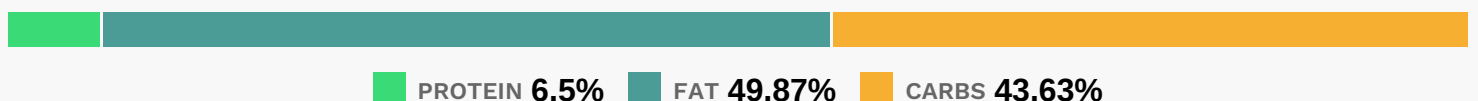
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ cake form
- ☐ skewers

Directions

- ☐ Preheat the oven to fan 140C/conventional 160C/gas
- ☐ Butter and base line a loose-bottomed 20cm round cake tin.
- ☐ Put the butter, caster sugar, eggs, flour and ground almonds into a large bowl. Beat using an electric hand whisk until all the ingredients are well blended.
- ☐ Spread half the cake mixture in the lined tin. Scatter over half of the amaretti biscuits then a third of the raspberries. Very lightly press into the cake mixture.
- ☐ Dollop dessertspoonfuls of the remaining cake mixture over the amaretti and raspberries and spread evenly. Scatter the remaining amaretti and half the remaining raspberries over the top.
- ☐ Bake for 55–60 minutes, until a skewer inserted into the centre comes out clean.
- ☐ Cool for 15 minutes in the tin. Run a knife round the edge and turn out. It will keep in a covered container in the fridge for up to 2 days.
- ☐ To serve, remove from the fridge an hour before serving and lightly dust with icing sugar before bringing to the table.
- ☐ Serve with the remaining raspberries and a little single cream.

Nutrition Facts



Properties

Glycemic Index:23.83, Glycemic Load:11.56, Inflammation Score:-6, Nutrition Score:9.5269565582275%

Flavonoids

Cyanidin: 19.07mg, Cyanidin: 19.07mg, Cyanidin: 19.07mg, Cyanidin: 19.07mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.41mg, Pelargonidin: 0.41mg, Pelargonidin: 0.41mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg, Epicatechin: 1.47mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 736.29kcal (36.81%), Fat: 42.03g (64.66%), Saturated Fat: 21.02g (131.35%), Carbohydrates: 82.76g (27.59%), Net Carbohydrates: 77.17g (28.06%), Sugar: 55.78g (61.98%), Cholesterol: 171.09mg (57.03%), Sodium: 301.45mg (13.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.32g (24.64%), Manganese: 0.49mg (24.47%), Selenium: 16.91µg (24.16%), Fiber: 5.59g (22.35%), Vitamin A: 1104.08IU (22.08%), Vitamin C: 11.06mg (13.41%), Iron: 1.94mg (10.76%), Vitamin E: 1.57mg (10.49%), Calcium: 103.77mg (10.38%), Vitamin B2: 0.17mg (10.1%), Phosphorus: 101.03mg (10.1%), Folate: 28.91µg (7.23%), Vitamin B5: 0.71mg (7.09%), Vitamin K: 6.07µg (5.78%), Magnesium: 22.52mg (5.63%), Copper: 0.11mg (5.59%), Potassium: 185.75mg (5.31%), Zinc: 0.75mg (5.02%), Vitamin B12: 0.29µg (4.89%), Vitamin B6: 0.09mg (4.42%), Vitamin D: 0.58µg (3.89%), Vitamin B1: 0.05mg (3.2%), Vitamin B3: 0.55mg (2.77%)