



Raspberry spice cake

 Popular

READY IN



75 min.

SERVINGS



12

CALORIES



728 kcal

DESSERT

Ingredients

- ☐ 250 g butter softened
- ☐ 450 g flour plain
- ☐ 140 g brown sugar
- ☐ 140 g brown sugar light soft
- ☐ 5 large eggs
- ☐ 4 tbsp honey
- ☐ 2 tsp double-acting baking powder
- ☐ 1 tsp cinnamon

- ☐ 1 tsp spice mixed
- ☐ 0.5 tsp ground cloves
- ☐ 0.5 tsp ground ginger
- ☐ 0.3 tsp salt
- ☐ 4 tbsp buttermilk
- ☐ 200 g raspberry jam
- ☐ 200 g raspberries
- ☐ 200 g butter softened
- ☐ 200 g cheese soft
- ☐ 200 g powdered sugar for dusting sifted

Equipment

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

Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ Grease and line 3 x 20cm cake tins with baking parchment. Tip all the cake ingredients into a large bowl and beat with an electric whisk until smooth. Divide between tins and bake for 25 mins until a skewer poked in comes out clean. Turn out onto wire racks to cool.
- ☐ Split each cake in half. Mash the jam and raspberries together, then spread over 5 cake halves, leaving 1 top half free. Sandwich together, with the plain cake on top. Put on a plate and cling film thoroughly. Invert a cake tin on top like a hat and top with 3 x 400g food cans. Leave overnight.
- ☐ To finish, beat the butter, cheese and icing sugar together, then spread over the cake. Decorate with extra raspberries and a dusting of icing sugar, if you like.

Nutrition Facts



 **PROTEIN 4.51%**  **FAT 47.21%**  **CARBS 48.28%**

Properties

Glycemic Index:38.61, Glycemic Load:30.69, Inflammation Score:-7, Nutrition Score:11.983913131382%

Flavonoids

Cyanidin: 7.63mg, Cyanidin: 7.63mg, Cyanidin: 7.63mg, Cyanidin: 7.63mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 728.38kcal (36.42%), Fat: 38.82g (59.72%), Saturated Fat: 23.47g (146.68%), Carbohydrates: 89.32g (29.77%), Net Carbohydrates: 86.85g (31.58%), Sugar: 54.59g (60.66%), Cholesterol: 175.51mg (58.5%), Sodium: 471.77mg (20.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.34g (16.69%), Selenium: 21.98µg (31.39%), Manganese: 0.55mg (27.26%), Vitamin A: 1288.45IU (25.77%), Folate: 87.08µg (21.77%), Vitamin B2: 0.37mg (21.51%), Vitamin B1: 0.32mg (21.28%), Iron: 2.69mg (14.97%), Phosphorus: 139.4mg (13.94%), Calcium: 124.69mg (12.47%), Vitamin B3: 2.42mg (12.1%), Fiber: 2.47g (9.9%), Vitamin E: 1.44mg (9.59%), Vitamin B5: 0.73mg (7.34%), Vitamin C: 5.92mg (7.17%), Copper: 0.12mg (6.1%), Magnesium: 21.03mg (5.26%), Potassium: 183.72mg (5.25%), Zinc: 0.78mg (5.23%), Vitamin B12: 0.31µg (5.15%), Vitamin B6: 0.09mg (4.49%), Vitamin K: 4.7µg (4.48%), Vitamin D: 0.48µg (3.21%)