



Rhubarb & orange cake

 Vegetarian

READY IN



110 min.

SERVINGS



10

CALORIES



452 kcal

DESSERT

Ingredients

- ☐ 400 g rhubarb sliced
- ☐ 280 g brown sugar
- ☐ 225 g butter softened
- ☐ 1 orange zest finely grated
- ☐ 225 g self raising flour
- ☐ 100 g almond flour
- ☐ 1 tsp double-acting baking powder
- ☐ 3 medium eggs

☐ 1 small handful almonds flaked

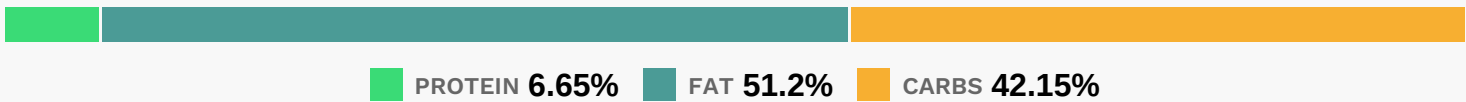
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ cake form
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Tip the rhubarb into a bowl and sprinkle over 50g of the sugar. Stir so the rhubarb is covered, then set aside for 30 mins to draw out some of the juices (macerate). Meanwhile, grease and line the base and sides of a 23cm loose-bottomed, round cake tin with baking parchment and heat oven to 180C/160C fan/gas
- ☐ Tip remaining sugar, the butter, orange zest and juice into a large bowl and beat with an electric whisk until well blended.
- ☐ Add the flour, almonds, baking powder and eggs, then beat again until smooth. Fold in the rhubarb and any juices. Spoon into the tin and level the top.
- ☐ Sprinkle with the flaked almonds, then bake in the centre of the oven for 1 hr-1 hr 15 mins until risen, golden and a skewer inserted into the centre comes out clean. Cover with foil if the cake starts to brown too much during cooking. Leave in the tin for 15 mins before removing and cooling completely on a wire rack. Dust with a little icing sugar before serving.

Nutrition Facts



Properties

Glycemic Index:23.2, Glycemic Load:10.86, Inflammation Score:-4, Nutrition Score:7.4186956675156%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epicatechin 3–gallate: 0.24mg, Epicatechin 3–gallate: 0.24mg, Epicatechin 3–gallate: 0.24mg, Epicatechin 3–gallate: 0.24mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 451.5kcal (22.58%), Fat: 26.41g (40.62%), Saturated Fat: 12.52g (78.24%), Carbohydrates: 48.91g (16.3%), Net Carbohydrates: 46.08g (16.76%), Sugar: 28.21g (31.35%), Cholesterol: 97.48mg (32.49%), Sodium: 222.13mg (9.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.72g (15.44%), Selenium: 14.12µg (20.17%), Manganese: 0.35mg (17.34%), Vitamin A: 679.88IU (13.6%), Calcium: 131.84mg (13.18%), Vitamin K: 13.4µg (12.76%), Fiber: 2.82g (11.29%), Vitamin E: 1.63mg (10.86%), Phosphorus: 84.84mg (8.48%), Vitamin B2: 0.13mg (7.57%), Iron: 1.27mg (7.08%), Potassium: 223.18mg (6.38%), Magnesium: 23.47mg (5.87%), Vitamin C: 4.83mg (5.86%), Copper: 0.1mg (5.2%), Folate: 19.06µg (4.77%), Vitamin B5: 0.42mg (4.17%), Zinc: 0.53mg (3.51%), Vitamin B6: 0.06mg (2.94%), Vitamin B1: 0.04mg (2.67%), Vitamin B12: 0.16µg (2.6%), Vitamin B3: 0.51mg (2.57%), Vitamin D: 0.26µg (1.76%)