



Simple Sultana and Chocolate Chip Cake



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



289 kcal

DESSERT

Ingredients

- ☐ 1 tsp caraway seeds
- ☐ 6 oz dairy-free spread organic pure (we used , in the US, try Earth Balance)
- ☐ 3 oz dairy-free chocolate dark
- ☐ 3 eggs
- ☐ 1 tsp gluten/wheat free baking powder (if you do not use self-raising flour)
- ☐ 6 oz gluten and wheat-free flour)
- ☐ 3 oz sultana raisins
- ☐ 4 oz castor sugar

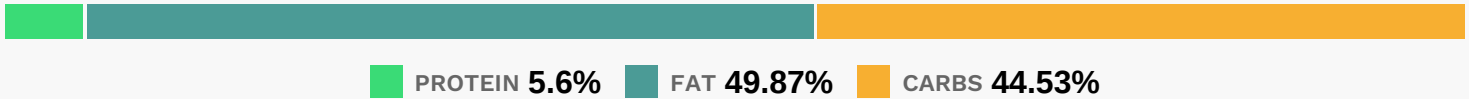
Equipment

- ☐ oven
- ☐ hand mixer
- ☐ cake form
- ☐ skewers

Directions

- ☐ Heat the oven to 180C/350F/Gas mark 4.Beat the spread with the sugar and caraway seeds in an electric mixer until they are pale and creamy.
- ☐ Mix in the eggs, one by one with the flour.Break up the chocolate, if it is in a slab, into small chips – do not grate it if you want decent size lumps – and stir into the cake mix along with the sultanas.Turn into a well greased cake tin with a removable bottom and bake for 30 minutes or until a skewer comes out clean.Cool on a rack.

Nutrition Facts



Properties

Glycemic Index:21.89, Glycemic Load:12.3, Inflammation Score:-5, Nutrition Score:6.0117391192395%

Nutrients (% of daily need)

Calories: 289.34kcal (14.47%), Fat: 16.5g (25.39%), Saturated Fat: 5.35g (33.45%), Carbohydrates: 33.16g (11.05%), Net Carbohydrates: 30.04g (10.92%), Sugar: 13.92g (15.47%), Cholesterol: 49.36mg (16.45%), Sodium: 132.86mg (5.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.8mg (2.27%), Protein: 4.17g (8.33%), Vitamin E: 3.48mg (23.23%), Vitamin A: 724.97IU (14.5%), Fiber: 3.12g (12.49%), Iron: 2.05mg (11.39%), Manganese: 0.2mg (9.86%), Vitamin K: 10.1µg (9.62%), Copper: 0.19mg (9.43%), Selenium: 4.87µg (6.96%), Phosphorus: 60.83mg (6.08%), Magnesium: 24.13mg (6.03%), Vitamin B2: 0.09mg (5.03%), Potassium: 157.27mg (4.49%), Zinc: 0.48mg (3.21%), Calcium: 27.58mg (2.76%), Vitamin B5: 0.24mg (2.43%), Vitamin B12: 0.14µg (2.35%), Vitamin B6: 0.04mg (2.13%), Vitamin D: 0.26µg (1.76%), Folate: 6.56µg (1.64%), Vitamin B1: 0.02mg (1.25%), Vitamin B3: 0.2mg (1.02%)