

Skite Cake

 Vegetarian

READY IN



165 min.

SERVINGS



1

CALORIES



3839 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 cup butter
- 16 ounce chocolate frosting
- 1 eggs room temperature
- 1 tablespoon flour all-purpose
- 1 tablespoon golden syrup
- 14 ounce condensed milk sweetened canned
- 1 teaspoon cocoa unsweetened

0.3 cup sugar white

Equipment

frying pan

baking sheet

sauce pan

oven

whisk

wire rack

hand mixer

aluminum foil

Directions

Preheat oven to 350 degrees F (175 degrees C). Line a rimmed baking sheet or jellyroll pan with foil.

Beat 1/2 cup butter and sugar with an electric mixer in until light and fluffy. The mixture should be noticeably lighter in color.

Add the room-temperature egg and beat well. Sift together the flour, cocoa powder, and baking powder. Gradually stir into butter mixture until fully combined.

Spread batter into prepared pan.

Bake in preheated oven until top springs back when touched lightly with a finger, 15 to 20 minutes.

Let cool in pan on a wire rack.

In a small saucepan over medium heat, combine condensed milk, golden syrup, and 1/4 cup butter.

Whisk 1/4 cup sugar with 1 tablespoon flour; stir into milk mixture. Cook and stir until butter is melted and sugar is completely dissolved.

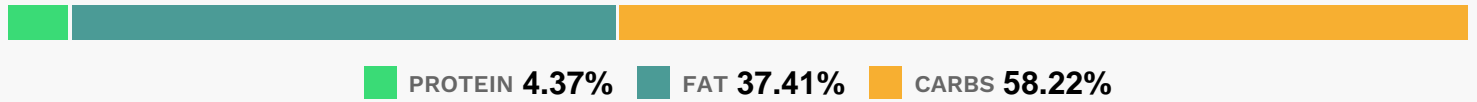
Remove from heat and allow to cool slightly.

Spread over cooled cake. Allow to cool completely and set.

Frost when set with chocolate frosting.

Cut into bars and serve.

Nutrition Facts



Properties

Glycemic Index:411.09, Glycemic Load:182.76, Inflammation Score:-9, Nutrition Score:45.492174003435%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 3839.21kcal (191.96%), Fat: 164.94g (253.76%), Saturated Fat: 77.51g (484.45%), Carbohydrates: 577.57g (192.52%), Net Carbohydrates: 572.9g (208.33%), Sugar: 545.19g (605.77%), Cholesterol: 420.64mg (140.21%), Sodium: 2186.37mg (95.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 11.37mg (3.79%), Protein: 43.38g (86.76%), Phosphorus: 1566.3mg (156.63%), Calcium: 1439.67mg (143.97%), Vitamin B2: 2mg (117.5%), Selenium: 79.44µg (113.48%), Potassium: 2460.88mg (70.31%), Vitamin E: 9.5mg (63.3%), Manganese: 1.22mg (60.84%), Vitamin A: 2720.02IU (54.4%), Magnesium: 212.58mg (53.15%), Copper: 1.05mg (52.55%), Iron: 8.93mg (49.61%), Vitamin B5: 3.88mg (38.76%), Zinc: 5.79mg (38.61%), Vitamin B12: 2.23µg (37.24%), Vitamin B1: 0.5mg (33.08%), Folate: 84.62µg (21.16%), Fiber: 4.66g (18.65%), Vitamin B6: 0.31mg (15.3%), Vitamin C: 10.32mg (12.51%), Vitamin D: 1.67µg (11.16%), Vitamin B3: 1.89mg (9.47%), Vitamin K: 6.53µg (6.22%)