

## 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.

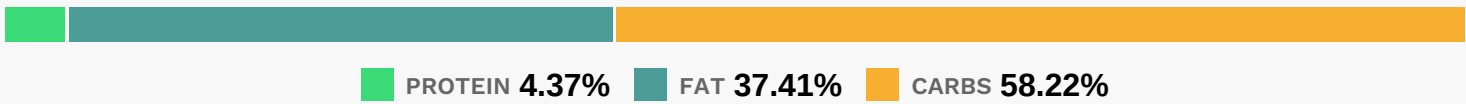
☐ Remove from heat and allow to cool slightly.

☐ 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: Og (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%)