



Spotty blueberry & clotted cream cake

 Vegetarian

READY IN



30 min.

SERVINGS



10

CALORIES



489 kcal

DESSERT

Ingredients

- ☐ 200 g caster sugar
- ☐ 200 g butter softened
- ☐ 4 eggs beaten
- ☐ 200 g self-raising flour
- ☐ 1 tsp double-acting baking powder
- ☐ 2 tbsp milk
- ☐ 150 g blueberries
- ☐ 50 g caster sugar

- ☐ 227 g pot clotted cream
- ☐ 4 tbsp blueberry conserve
- ☐ 1 handful blueberries

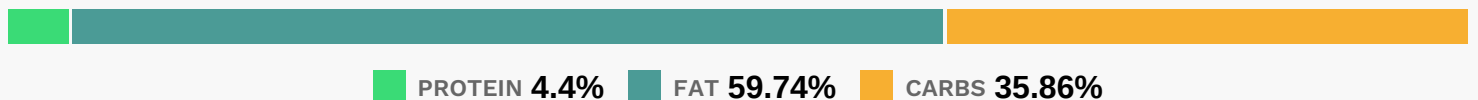
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ spatula

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Butter two 20cm sandwich tins and line with non-stick baking paper. In a large bowl, beat all the cake ingredients together until you have a smooth, soft batter. Fold in the blueberries through the raw batter before baking.
- ☐ Divide the mixture between the tins, smooth the surface with a spatula or the back of a spoon, then bake for about 20 mins until golden and the cake springs back when pressed. Turn onto a cooling rack and leave to cool completely.
- ☐ To make the filling, beat the butter until smooth and creamy, then gradually beat in icing sugar. Beat in vanilla extract if youre using it.
- ☐ Spread the butter cream over the bottom of one of the sponges, top it with jam and sandwich the second sponge on top. Dust with a little icing sugar before serving. Keep in an airtight container and eat within 2 days.
- ☐ For a simple filling, stir the caster sugar into the clotted cream. Sandwich the sponges with the blueberry conserve and a third of the clotted cream filling. Top with remaining cream and decorate with blueberries.

Nutrition Facts



Properties

Glycemic Index:50.72, Glycemic Load:28.4, Inflammation Score:-4, Nutrition Score:5.6200000410495%

Flavonoids

Cyanidin: 2.4mg, Cyanidin: 2.4mg, Cyanidin: 2.4mg, Cyanidin: 2.4mg Petunidin: 8.96mg, Petunidin: 8.96mg, Petunidin: 8.96mg, Petunidin: 8.96mg Delphinidin: 10.07mg, Delphinidin: 10.07mg, Delphinidin: 10.07mg, Delphinidin: 10.07mg Malvidin: 19.2mg, Malvidin: 19.2mg, Malvidin: 19.2mg, Malvidin: 19.2mg Peonidin: 5.76mg, Peonidin: 5.76mg, Peonidin: 5.76mg, Peonidin: 5.76mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 488.51kcal (24.43%), Fat: 32.91g (50.63%), Saturated Fat: 19.96g (124.72%), Carbohydrates: 44.45g (14.82%), Net Carbohydrates: 43.29g (15.74%), Sugar: 28.59g (31.76%), Cholesterol: 145.15mg (48.38%), Sodium: 204.43mg (8.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.91%), Selenium: 13.78µg (19.69%), Vitamin A: 706.24IU (14.12%), Manganese: 0.26mg (13%), Phosphorus: 89.19mg (8.92%), Vitamin E: 1.19mg (7.97%), Vitamin B2: 0.12mg (7.05%), Vitamin K: 7.01µg (6.67%), Calcium: 63.19mg (6.32%), Fiber: 1.16g (4.65%), Folate: 17.18µg (4.29%), Vitamin B5: 0.43mg (4.26%), Iron: 0.63mg (3.53%), Vitamin B12: 0.21µg (3.45%), Copper: 0.07mg (3.35%), Vitamin C: 2.76mg (3.34%), Zinc: 0.48mg (3.17%), Vitamin D: 0.46µg (3.07%), Magnesium: 11.21mg (2.8%), Potassium: 95.73mg (2.74%), Vitamin B6: 0.05mg (2.73%), Vitamin B1: 0.04mg (2.42%), Vitamin B3: 0.34mg (1.72%)