



Squidgy pear & hazelnut chocolate spread cake



Vegetarian



Popular

READY IN



55 min.

SERVINGS



8

CALORIES



539 kcal

Ingredients

- ☐ 400 g nutella
- ☐ 50 g butter unsalted softened plus a little to grease the tin
- ☐ 3 large eggs at room temperature
- ☐ 140 g self raising flour
- ☐ 25 g cocoa powder
- ☐ 2 pears (with a rounder shape work well) cored ripe peeled quartered
- ☐ 2 tbsp apricot preserves warmed
- ☐ 50 g hazelnuts whole

☐ 8 servings double cream

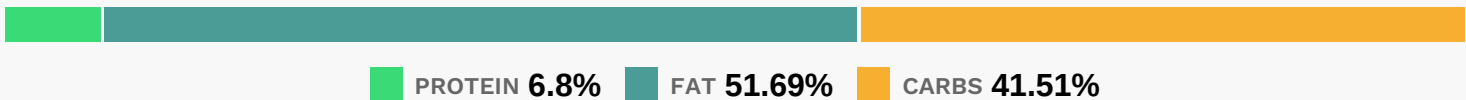
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ spatula
- ☐ skewers
- ☐ pastry brush

Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ Butter then line a round 23cm springform baking tin.
- ☐ Put the chocolate spread in a large bowl and add the butter, eggs and a pinch of salt.
- ☐ Whisk for 1 min with electric beaters until the mixture is smooth and slightly bubbly.
- ☐ Sift in the flour and cocoa, then fold in with a spatula until smooth.
- ☐ Scrape into the tin and level the top. Peel, quarter and core the pears.
- ☐ Cut 4 slits through the fat part of each quarter, then press lightly to make a fanned shape. Use a pastry brush to glaze the pears with apricot jam, then lift onto the cake in a clock-face pattern. Dont press the pears into the mix.
- ☐ Scatter with the nuts and bake for 40 mins until risen with a thin crust. The cake will have a very slight wobble when its ready, and a skewer inserted into the middle will come out coated with soft cake batter.
- ☐ Brush another thin layer of the jam over the pears (this stops the fruit from turning brown). Cool in the tin and serve warm or cold, with double cream.

Nutrition Facts



Properties

Glycemic Index:18.51, Glycemic Load:18.63, Inflammation Score:-5, Nutrition Score:13.859130475832%

Flavonoids

Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 7.84mg, Epicatechin: 7.84mg, Epicatechin: 7.84mg, Epicatechin: 7.84mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 539.14kcal (26.96%), Fat: 31.71g (48.78%), Saturated Fat: 22.03g (137.7%), Carbohydrates: 57.29g (19.1%), Net Carbohydrates: 51.02g (18.55%), Sugar: 34.4g (38.22%), Cholesterol: 100.14mg (33.38%), Sodium: 55.31mg (2.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.69mg (3.56%), Protein: 9.39g (18.78%), Manganese: 1.11mg (55.37%), Copper: 0.55mg (27.5%), Vitamin E: 4.03mg (26.87%), Fiber: 6.28g (25.11%), Selenium: 15.76µg (22.51%), Iron: 3.52mg (19.58%), Phosphorus: 186.85mg (18.69%), Magnesium: 68.9mg (17.22%), Vitamin B2: 0.24mg (14.05%), Potassium: 408.1mg (11.66%), Vitamin A: 502.41IU (10.05%), Calcium: 94.65mg (9.47%), Zinc: 1.38mg (9.17%), Folate: 33.6µg (8.4%), Vitamin B1: 0.12mg (7.69%), Vitamin B6: 0.14mg (6.88%), Vitamin B5: 0.68mg (6.76%), Vitamin B12: 0.34µg (5.61%), Vitamin D: 0.71µg (4.72%), Vitamin K: 4.9µg (4.67%), Vitamin C: 2.84mg (3.44%), Vitamin B3: 0.67mg (3.34%)