



Steamed Golden Syrup Spongecake

 Vegetarian

READY IN



4500 min.

SERVINGS



8

CALORIES



371 kcal

SIDE DISH

Ingredients

- ☐ 2 large eggs
- ☐ 0.3 cup golden syrup for drizzling
- ☐ 0.3 cup granulated sugar
- ☐ 1 cup cup heavy whipping cream
- ☐ 1.3 cups self raising flour all-purpose
- ☐ 0.5 cup butter unsalted softened for greasing bowl
- ☐ 0.5 cup milk whole

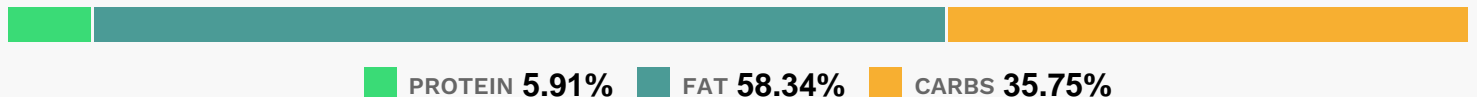
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ hand mixer
- ☐ aluminum foil
- ☐ cookie cutter
- ☐ wax paper

Directions

- ☐ Add 2 inches water to a large wide pot. Set a rack or a few metal cookie cutters in bottom of pot and bring water to a boil. Bring 3 cups additional water to a simmer in a small saucepan.
- ☐ Butter heatproof bowl, then pour 1/4 cup syrup into bottom. Beat together butter and sugar in another bowl with an electric mixer at medium speed until pale and fluffy. Beat in eggs 1 at a time, then add flour and milk alternately in batches, beating until combined.
- ☐ Pour batter over syrup. Cover bowl with a large round of wax paper, then top with foil, crimping tightly around edge. Tie string around rim to secure.
- ☐ Set covered bowl on rack (water should come three fourths of the way up side of bowl; add simmering water if necessary), cover pot, and steam cake over simmering water 1 1/2 hours.
- ☐ Remove bowl from pot and let stand 5 minutes. Discard foil and wax paper. Invert a plate over bowl, then invert cake onto plate.
- ☐ Serve immediately, drizzled with cream and additional syrup.
- ☐ *Lyle's Golden syrup has a loyal following in Britain, where it's prized for its salty-sweet, slightly buttery flavor. You can find Lyle's in the baking aisle of many supermarkets, at specialty foods shops, and at ethnicgrocer.com.

Nutrition Facts



Properties

Glycemic Index:29.76, Glycemic Load:21.19, Inflammation Score:-5, Nutrition Score:5.0921739897002%

Nutrients (% of daily need)

Calories: 371.29kcal (18.56%), Fat: 24.3g (37.38%), Saturated Fat: 14.86g (92.85%), Carbohydrates: 33.51g (11.17%), Net Carbohydrates: 33.01g (12%), Sugar: 18.48g (20.53%), Cholesterol: 112.45mg (37.48%), Sodium: 33.64mg (1.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.54g (11.07%), Selenium: 13.48µg (19.26%), Vitamin A: 884.49IU (17.69%), Vitamin B2: 0.15mg (9%), Manganese: 0.17mg (8.52%), Phosphorus: 81.02mg (8.1%), Vitamin D: 1.11µg (7.38%), Vitamin E: 0.83mg (5.5%), Calcium: 52.01mg (5.2%), Vitamin B12: 0.27µg (4.42%), Vitamin B5: 0.43mg (4.31%), Folate: 14.37µg (3.59%), Zinc: 0.49mg (3.24%), Magnesium: 10.9mg (2.73%), Copper: 0.05mg (2.66%), Potassium: 92.79mg (2.65%), Vitamin B1: 0.04mg (2.46%), Iron: 0.44mg (2.46%), Vitamin B6: 0.05mg (2.45%), Fiber: 0.5g (2%), Vitamin K: 2.09µg (1.99%), Vitamin B3: 0.26mg (1.29%)