



Sticky ginger-nut cake

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



532 kcal

DESSERT

Ingredients

- ☐ 200 g flour plain
- ☐ 175 g g muscovado sugar light
- ☐ 100 g butter cut in pieces room temperature
- ☐ 1 orange zest finely grated
- ☐ 1 tsp ground ginger
- ☐ 100 g pecans halved
- ☐ 85 g ginger roughly chopped (from a jar)
- ☐ 1 tsp baking soda

- ☐ 284 ml cream
- ☐ 1 eggs beaten
- ☐ 8 servings cup heavy whipping cream bought
- ☐ 8 servings cranberry-orange relish fresh
- ☐ 8 servings ginger

Equipment

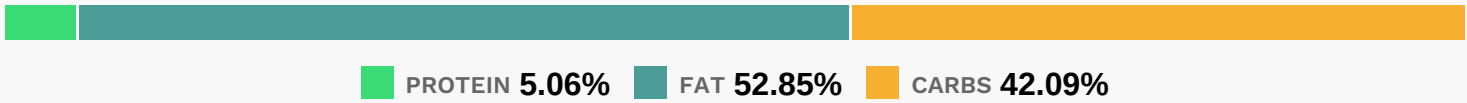
- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Butter a 23cm-round ring tin.
- ☐ Combine the flour, muscovado sugar and butter in a bowl, then rub in with your fingers until crumbly and completely blended. Stir in the grated orange zest and ground ginger.
- ☐ Scatter half the nuts and half the chopped stem ginger into the bottom of the ring tin. Break up the rest of the nuts into small pieces and stir into the crumb mix with the rest of the stem ginger. Measure out 100g/4oz of the crumb mix and spoon it into the tin over the nuts. Stir the bicarbonate of soda into the rest of the crumb mixture.
- ☐ Mix the soured cream and egg together, then stir it into the remaining crumb mixture. The mixture will be very soft.
- ☐ Pour this batter over the crumbs (it will come quite high in the tin).
- ☐ Bake for 35-40 mins or until risen and a skewer inserted in the centre comes out clean.
- ☐ Let the cake sit for 10 mins, then take it out of the tin and leave to cool on a wire rack.
- ☐ Cool the cake completely, then wrap it in foil and freeze for up to 2 months.
- ☐ When ready to use, thaw for about 2 hrs at room temperature.

Serve in slim slices with dollops of Cointreau cream, orange segments and a drizzle of syrup from the jar of stem ginger.

Nutrition Facts



Properties

Glycemic Index:25.94, Glycemic Load:17.75, Inflammation Score:-8, Nutrition Score:15.022608632627%

Flavonoids

Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg Delphinidin: 0.91mg, Delphinidin: 0.91mg, Delphinidin: 0.91mg, Delphinidin: 0.91mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 531.93kcal (26.6%), Fat: 32.23g (49.59%), Saturated Fat: 14.39g (89.93%), Carbohydrates: 57.74g (19.25%), Net Carbohydrates: 53.27g (19.37%), Sugar: 32.06g (35.62%), Cholesterol: 84.65mg (28.22%), Sodium: 268.63mg (11.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.94g (13.88%), Vitamin C: 51.09mg (61.93%), Manganese: 0.88mg (43.94%), Vitamin B1: 0.37mg (24.99%), Folate: 83.22µg (20.8%), Vitamin A: 993.45IU (19.87%), Selenium: 13.43µg (19.19%), Fiber: 4.48g (17.91%), Vitamin B2: 0.3mg (17.49%), Copper: 0.28mg (13.98%), Phosphorus: 128.9mg (12.89%), Calcium: 122.18mg (12.22%), Potassium: 396.52mg (11.33%), Iron: 1.99mg (11.07%), Magnesium: 43.25mg (10.81%), Vitamin B3: 2.08mg (10.41%), Vitamin B6: 0.15mg (7.68%), Vitamin B5: 0.76mg (7.58%), Zinc: 1.1mg (7.32%), Vitamin E: 1.01mg (6.7%), Vitamin B12: 0.17µg (2.78%), Vitamin D: 0.35µg (2.33%), Vitamin K: 2.42µg (2.3%)