



## Sugar-crunch fruitcake

 Vegetarian

READY IN



105 min.

SERVINGS



6

CALORIES



318 kcal

DESSERT

### Ingredients

- ☐ 100 g butter softened for greasing
- ☐ 2 eggs
- ☐ 85 g sugar
- ☐ 50 g self raising flour
- ☐ 50 g almond flour
- ☐ 0.5 lemon zest
- ☐ 2 servings cherries well (see 'Goes with')
- ☐ 2 tbsp little demerara sugar

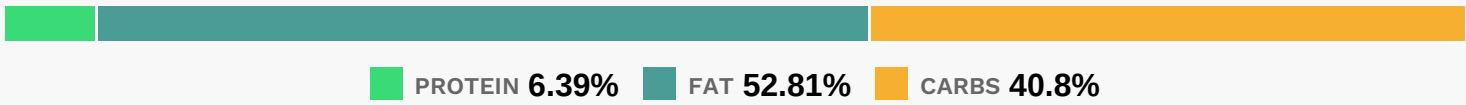
# Equipment

- ☐ oven
- ☐ cake form

# Directions

- ☐ First make the Apple, pear & cherry compote (see 'Goes well with'). You'll need 2 of the 12 portions of compote for this cake.
- ☐ Heat oven to 180C/160C fan/gas 4 and grease a 20cm cake tin. Beat together the butter, eggs, caster sugar, flour, almonds and lemon zest to a smooth mixture.
- ☐ Scrape into the tin, dollop over the compote, then bake for 25–30 mins until well risen. Scatter over the sugar and return to the oven for 10–15 mins until the cake is cooked through.
- ☐ Remove from the tin and eat warm or at room temperature with cream or custard.

# Nutrition Facts



# Properties

Glycemic Index:34.85, Glycemic Load:15.24, Inflammation Score:-3, Nutrition Score:4.0756522106088%

# Flavonoids

Cyanidin: 14.1mg, Cyanidin: 14.1mg, Cyanidin: 14.1mg, Cyanidin: 14.1mg Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg Peonidin: 0.7mg, Peonidin: 0.7mg, Peonidin: 0.7mg, Peonidin: 0.7mg Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 2.33mg, Epicatechin: 2.33mg, Epicatechin: 2.33mg Epicatechin: 2.33mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

# Nutrients (% of daily need)

Calories: 317.78kcal (15.89%), Fat: 19.32g (29.72%), Saturated Fat: 9.36g (58.47%), Carbohydrates: 33.58g (11.19%), Net Carbohydrates: 31.46g (11.44%), Sugar: 24.48g (27.2%), Cholesterol: 90.39mg (30.13%), Sodium: 128.45mg (5.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.51%), Selenium: 8.07µg (11.52%), Vitamin A:

525.98IU (10.52%), Fiber: 2.12g (8.47%), Vitamin B2: 0.1mg (5.66%), Manganese: 0.11mg (5.26%), Phosphorus: 51.02mg (5.1%), Vitamin C: 3.91mg (4.74%), Iron: 0.84mg (4.69%), Vitamin E: 0.61mg (4.05%), Potassium: 138.42mg (3.95%), Calcium: 38.32mg (3.83%), Vitamin B5: 0.37mg (3.74%), Folate: 12.07µg (3.02%), Copper: 0.06mg (2.78%), Vitamin B12: 0.16µg (2.65%), Vitamin B6: 0.05mg (2.61%), Magnesium: 9.47mg (2.37%), Vitamin K: 2.22µg (2.11%), Zinc: 0.31mg (2.08%), Vitamin D: 0.29µg (1.96%), Vitamin B1: 0.03mg (1.75%)