



Sugar-dusted passion cake

 Vegetarian

READY IN



80 min.

SERVINGS



12

CALORIES



491 kcal

DESSERT

Ingredients

- ☐ 250 ml unrefined sunflower oil for greasing plus a little extra
- ☐ 140 g t brown sugar dark
- ☐ 250 g flour
- ☐ 100 g coconut flakes
- ☐ 2 tsp spice mixed
- ☐ 2 tsp double-acting baking powder
- ☐ 50 g walnuts roughly chopped
- ☐ 4 eggs with a fork lightly beaten

- ☐ 3 tsp vanilla extract
- ☐ 250 g carrots grated peeled
- ☐ 432 g pineapple crushed drained canned tinned (from Sainsbury's, or see Know-how, below)
- ☐ 2 lime zest
- ☐ 200 g sugar
- ☐ 12 servings yogurt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ skewers

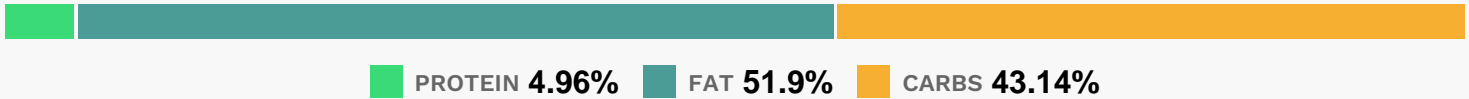
Directions

- ☐ Heat oven to 160C/fan 140C/gas
- ☐ Grease and line a deep, 20cm square tin with baking paper. Sift the muscovado until its lump-free. Tip into the largest bowl you have with the flour, coconut, mixed spice, baking powder and walnuts, then mix well. In a jug, whisk together the oil, eggs and 2 tsp of the vanilla extract, then pour over the dry ingredients.
- ☐ Add the carrot, pineapple, reserved pineapple juice and lime zest to the bowl, then give everything a really good mix until combined.
- ☐ Scrape into the tin, then bake on a low to middle shelf for 1 hr, until a skewer inserted comes out with just moist crumbs clinging to it and no sticky mix. Once cool, the cake can be frozen for up to 3 months, then soak with the syrup once defrosted.
- ☐ Meanwhile, make a lime syrup by gently heating the caster sugar, lime juice and final tsp of vanilla in a small pan. Once dissolved, boil for a few mins until syrupy.
- ☐ Leave the cake in its tin until cool enough to handle, then turn upside-down onto a wire rack. Using a skewer, poke holes all over the cake and drizzle over the syrup a little at a time,

waiting for the last addition to soak into the cake before pouring over any more. Cool completely, then trim the edges. Will keep for a few days in an airtight tin.

- ☐
- To serve, return the cake to a serving plate, right side up, and place a doily, or a few doilies, over the top. Dust liberally with icing sugar, then very carefully lift off the paper without disturbing the sugar.
- ☐
- Serve immediately, as the icing sugar will begin to melt after a while, with a dollop of something creamy on the side try mixing equal amounts of mascarpone and natural yogurt with a little more icing sugar.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:12.83, Inflammation Score:-9, Nutrition Score:17.160000230955%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 490.93kcal (24.55%), Fat: 29.45g (45.3%), Saturated Fat: 7.52g (47%), Carbohydrates: 55.08g (18.36%), Net Carbohydrates: 49.8g (18.11%), Sugar: 35.33g (39.25%), Cholesterol: 54.69mg (18.23%), Sodium: 124.8mg (5.43%), Alcohol: 0.36g (100%), Alcohol %: 0.27% (100%), Protein: 6.33g (12.66%), Vitamin A: 3587.77IU (71.76%), Manganese: 1.32mg (65.83%), Vitamin E: 8.43mg (56.2%), Selenium: 19.63µg (28.04%), Fiber: 5.28g (21.13%), Phosphorus: 165.49mg (16.55%), Copper: 0.29mg (14.64%), Magnesium: 54.91mg (13.73%), Vitamin B1: 0.18mg (12.29%), Vitamin B6: 0.22mg (11.22%), Iron: 1.88mg (10.43%), Vitamin C: 8.12mg (9.85%), Calcium: 96.36mg (9.64%), Potassium: 303.5mg (8.67%), Vitamin B2: 0.14mg (8.46%), Zinc: 1.15mg (7.64%), Vitamin B3: 1.5mg (7.48%), Folate: 27.81µg (6.95%), Vitamin B5: 0.54mg (5.42%), Vitamin K: 4.78µg (4.55%), Vitamin B12: 0.13µg (2.24%), Vitamin D: 0.29µg (1.96%)