



Upside Down Chicken Cake

READY IN



45 min.

SERVINGS



20

CALORIES



230 kcal

Ingredients

- 180 g strips. boiled
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- 2 tablespoons butter
- 60 g canola oil melted (to be added last)
- 0.5 carrots soft
- 0.3 tsp chicken powder
- 20 servings chicken stock see
- 2 eggs
- 40 g water
- 0.5 onion finely chopped

- 1 dash pepper
- 45 g flour plain
- 0.3 teaspoon salt
- 150 g sponge cake mix
- 1 stalk spring onion finely
- 150 grams sugar
- 0.5 tsp vanilla extract
- 1 tsp frangelico (cake stabilizer)
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Equipment

- baking paper
- oven
- whisk
- mixing bowl
- wire rack
- cake form
- skewers

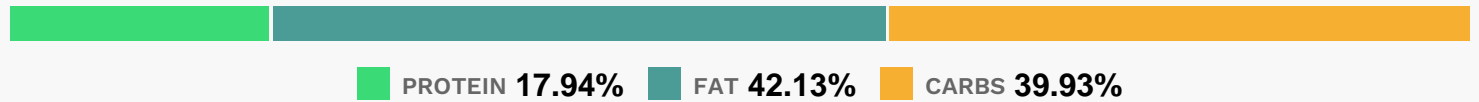
Directions

- Heat up butter, add onion and fry till fragrant.
- Add in carrot and chicken cubes, fry well and add seasoning.
- Sprinkle 1 tbsp plain flour over it, stir well and add chicken stock. Bring mixture to boil, turn off heat and add spring onion and a dash of pepper, mix well and set aside to cool. In the mixing bowl put all the ingredients into it except melted butter and whisk at maximum speed till batter becomes thick and white. Lower speed and gradually add in melted butter or canola oil, mix well. Line cake pan with non stick baking paper at the bottom and grease some butter at the sides of the pan.
- Add cooked chicken mixture into the two pans evenly, then pour batter into it.

Bake at preheated oven at 180 degrees for 25 – 30 minutes or skewer into the center of the cake and comes out clean.

Remove the cakes immediately from the pans after baked and place on wire rack. Best to serve warm.

Nutrition Facts



Properties

Glycemic Index:16.65, Glycemic Load:6.59, Inflammation Score:-3, Nutrition Score:6.7752173913043%

Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Taste

Sweetness: 100%, Saltiness: 78.22%, Sourness: 10.54%, Bitterness: 14.37%, Savoriness: 50.3%, Fattiness: 86.51%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 229.78kcal (11.49%), Fat: 10.68g (16.44%), Saturated Fat: 2.72g (17.01%), Carbohydrates: 22.78g (7.59%), Net Carbohydrates: 22.57g (8.21%), Sugar: 14.27g (15.86%), Cholesterol: 51.87mg (17.29%), Sodium: 455.56mg (19.81%), Protein: 10.24g (20.47%), Vitamin B3: 4.93mg (24.66%), Vitamin B2: 0.28mg (16.67%), Selenium: 11.53µg (16.47%), Phosphorus: 116.6mg (11.66%), Vitamin B6: 0.23mg (11.32%), Vitamin B1: 0.14mg (9.18%), Potassium: 316.15mg (9.03%), Copper: 0.15mg (7.66%), Vitamin A: 352.37IU (7.05%), Folate: 23.5µg (5.87%), Iron: 1.03mg (5.75%), Vitamin E: 0.75mg (4.98%), Zinc: 0.68mg (4.57%), Vitamin K: 4.59µg (4.37%), Magnesium: 15.53mg (3.88%), Vitamin B5: 0.31mg (3.06%), Vitamin B12: 0.17µg (2.91%), Manganese: 0.04mg (2.16%), Calcium: 18.83mg (1.88%), Vitamin C: 0.89mg (1.07%)