



Victoria Sponge with Lemon Curd Cream & Homemade Jam

READY IN



45 min.

SERVINGS



20

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 150 ml double cream
- ☐ 4 large eggs
- ☐ 4 tbsp jam
- ☐ 4 tbsp lemon curd
- ☐ 225 g self-raising flour
- ☐ 225 g caster sugar
- ☐ 225 g butter unsalted softened

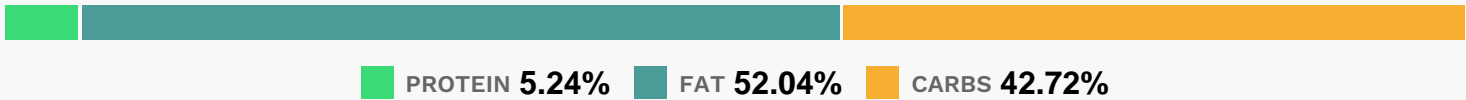
Equipment

- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ stand mixer
- ☐ skewers

Directions

- ☐ Preheat the oven to 180c/160c fan/350F/gas 4.
- ☐ Rub a little softened butter around two x 18cm/7in sandwich tins. Then place a circle of greaseproof paper on the base of each tin. I used the base of the tin to draw around to get the correct size.
- ☐ Cream the softened butter and sugar together until pale and fluffy. I used a electric hand whisk, but you could do this by hand or use a stand mixer.
- ☐ Add and beat in the eggs, one at a time.
- ☐ Start gradually adding the flour a heaped spoonful at a time and folding in with a cutting motion, using a metal spoon, so you don't loose all the air you have added.
- ☐ Divide your mixture between the two sandwich tins. Smooth the top and pop both tins in the oven.
- ☐ Bake for 20 -25 minutes until the cakes are golden and a skewer comes out clean.
- ☐ Remove the cakes from the oven and leave to cool for 5-10 minutes, then remove from the tins and leave to cool on a wire rack.
- ☐ Remove the greaseproof circles from the bottom of each cake.
- ☐ Whip the cream, then mix in the lemon curd. You can add more curd until it tastes just right. Top the first sponge with jam, then cream. Top with the second cake and dust with icing sugar.

Nutrition Facts



Properties

Glycemic Index:9.6, Glycemic Load:14.63, Inflammation Score:-2, Nutrition Score:2.6730434622454%

Nutrients (% of daily need)

Calories: 228.39kcal (11.42%), Fat: 13.37g (20.58%), Saturated Fat: 8.08g (50.5%), Carbohydrates: 24.7g (8.24%), Net Carbohydrates: 24.38g (8.87%), Sugar: 15.75g (17.5%), Cholesterol: 69.91mg (23.3%), Sodium: 30.49mg (1.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.06%), Selenium: 8.02µg (11.46%), Vitamin A: 446.27IU (8.93%), Manganese: 0.09mg (4.72%), Vitamin B2: 0.08mg (4.45%), Phosphorus: 38.55mg (3.85%), Vitamin D: 0.49µg (3.26%), Vitamin E: 0.49mg (3.23%), Folate: 9.49µg (2.37%), Vitamin B5: 0.23mg (2.35%), Vitamin B12: 0.12µg (2%), Copper: 0.04mg (1.75%), Iron: 0.31mg (1.73%), Zinc: 0.26mg (1.71%), Calcium: 15.88mg (1.59%), Fiber: 0.32g (1.29%), Vitamin B6: 0.02mg (1.25%), Magnesium: 4.93mg (1.23%), Potassium: 38.22mg (1.09%), Vitamin B1: 0.02mg (1.05%), Vitamin K: 1.09µg (1.04%)