



WHATSheATE



Walnut & coffee gateau



Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



876 kcal

DESSERT

Ingredients

- ☐ 8 servings butter for greasing
- ☐ 4 eggs
- ☐ 175 g sugar
- ☐ 100 g flour plain
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 140 g walnuts very finely chopped
- ☐ 300 ml double cream
- ☐ 2 tbsp powdered sugar

- ☐ 1 tbsp vanilla extract
- ☐ 140 g butter unsalted softened
- ☐ 300 g powdered sugar
- ☐ 1 tbsp milk
- ☐ 1 tbsp hot-brewed coffee
- ☐ 100 g walnut pieces finely chopped
- ☐ 50 g walnut pieces roughly chopped
- ☐ 8 walnut halves

Equipment

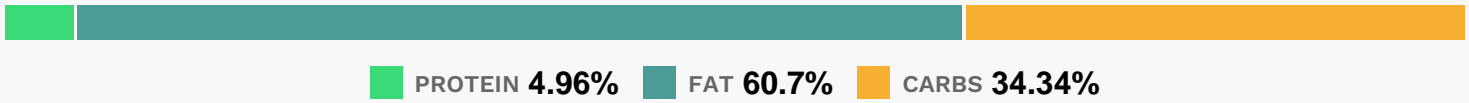
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ palette knife

Directions

- ☐ Heat the oven to 190C/170C fan/ gas
- ☐ Grease and line 3 x 20cm round sandwich tins. For the sponge use an electric whisk to beat the eggs and sugar in a large bowl until light and thick like semi-whipped cream. Gently fold in the flour, then the oil and finally the chopped nuts. Divide mix between the tins and bake for 15 mins or until cooked through. Turn cakes out onto a wire rack and leave to cool.
- ☐ To make the cream filling, whip the cream with the sugar and vanilla, then set aside. For the butter icing, beat the butter with half the sugar until smooth.
- ☐ Add remaining sugar, stir in the milk and coffee essence, then continue to beat until everything is combined.
- ☐ To assemble, spread a third of the cream filling on top of one of the cakes, put another cake on top, spread another third of the cream over and lay the final cake on top. Put remaining cream in a piping bag fitted with a star-shaped nozzle.
- ☐ Use a palette knife to spread the butter icing all over the top and sides of the cake. Lightly press the finely chopped walnuts into the sides and scatter the top with the roughly chopped

walnuts. Pipe 8 swirls of cream on top, one for each slice, and top with a walnut half. The cake will now sit happily in a cool place for a couple of hours but is best enjoyed on the day it is made.

Nutrition Facts



Properties

Glycemic Index:39.14, Glycemic Load:22.74, Inflammation Score:-7, Nutrition Score:15.278260889261%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg

Nutrients (% of daily need)

Calories: 875.87kcal (43.79%), Fat: 60.9g (93.7%), Saturated Fat: 23.5g (146.85%), Carbohydrates: 77.52g (25.84%), Net Carbohydrates: 74.62g (27.14%), Sugar: 62.99g (69.99%), Cholesterol: 173.07mg (57.69%), Sodium: 78.42mg (3.41%), Alcohol: 0.56g (100%), Alcohol %: 0.35% (100%), Protein: 11.2g (22.41%), Manganese: 1.4mg (70.25%), Copper: 0.65mg (32.72%), Vitamin A: 1246.3IU (24.93%), Phosphorus: 218.73mg (21.87%), Selenium: 14.63µg (20.89%), Vitamin B2: 0.32mg (18.55%), Folate: 72.92µg (18.23%), Magnesium: 69.39mg (17.35%), Vitamin B1: 0.25mg (16.5%), Vitamin E: 2.1mg (13.97%), Vitamin B6: 0.26mg (13.19%), Iron: 2.16mg (11.98%), Fiber: 2.9g (11.6%), Zinc: 1.68mg (11.2%), Vitamin D: 1.33µg (8.84%), Calcium: 85.11mg (8.51%), Potassium: 261.01mg (7.46%), Vitamin B5: 0.74mg (7.43%), Vitamin B3: 1.23mg (6.14%), Vitamin B12: 0.3µg (5.08%), Vitamin K: 4.02µg (3.83%)