



Wedding cake - light fruit cake

 Vegetarian

READY IN



165 min.

SERVINGS



24

CALORIES



149 kcal

DESSERT

Ingredients

- ☐ 2 tbsp orange-flower water
- ☐ 1 orange zest
- ☐ 1 lemon zest
- ☐ 140 g butter unsalted softened
- ☐ 140 g brown sugar
- ☐ 2 large eggs beaten
- ☐ 175 g flour plain
- ☐ 100 g cherries halved

- ☐ 100 g apricot dried roughly chopped
- ☐ 100 g candied orange peel mixed chopped (we used Sundora)
- ☐ 100 g golden raisins
- ☐ 50 g pistachios whole shelled
- ☐ 50 g ginger (3 balls)

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ cake form
- ☐ skewers

Directions

- ☐ Heat oven to 160C/fan 140C/gas
- ☐ Grease and double-line the base and sides of a deep, 15cm cake tin. Wrap a double layer of greaseproof or brown paper around the outside of the tin, too, then secure with string.
- ☐ Using an electric whisk or a tabletop mixer, cream the butter and sugar together until fluffy and light. Beat in the eggs gradually. In a small bowl, mix the orange flower water with the zest and juice of the orange and lemon. Fold the flour, then dried fruit, pistachioes and ginger into the creamed mix, followed by the juice and zest mix.
- ☐ Spoon the mix into the prepared tin and bake for 30 mins, then turn oven down to 150C/ fan 130C/gas 2 and bake for another 1 hr 45 mins until risen, golden and an inserted skewer comes out clean. Leave to cool for 15 mins before transferring to a wire rack to cool completely.
- ☐ The cake will keep well wrapped in a cool place for up to 1 month.

Nutrition Facts



 **PROTEIN 5.56%**  **FAT 36.23%**  **CARBS 58.21%**

Properties

Glycemic Index:9.17, Glycemic Load:6.82, Inflammation Score:-3, Nutrition Score:3.2773912782254%

Flavonoids

Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 149.14kcal (7.46%), Fat: 6.21g (9.56%), Saturated Fat: 3.27g (20.42%), Carbohydrates: 22.46g (7.49%), Net Carbohydrates: 21.31g (7.75%), Sugar: 14.49g (16.1%), Cholesterol: 28.04mg (9.35%), Sodium: 13.66mg (0.59%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.15g (4.29%), Vitamin A: 332.77IU (6.66%), Selenium: 4.19µg (5.99%), Manganese: 0.11mg (5.74%), Vitamin B1: 0.08mg (5.38%), Fiber: 1.16g (4.63%), Folate: 17.72µg (4.43%), Vitamin B2: 0.07mg (4.36%), Iron: 0.76mg (4.23%), Potassium: 145.17mg (4.15%), Copper: 0.08mg (4.14%), Phosphorus: 37.64mg (3.76%), Vitamin B6: 0.07mg (3.72%), Vitamin B3: 0.65mg (3.26%), Vitamin E: 0.43mg (2.86%), Magnesium: 9.73mg (2.43%), Vitamin C: 1.69mg (2.05%), Calcium: 19.12mg (1.91%), Vitamin B5: 0.16mg (1.64%), Zinc: 0.2mg (1.34%), Vitamin D: 0.17µg (1.14%)