



 **17%**  
HEALTH SCORE

## Wholemeal Cake

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



391 kcal

DESSERT

### Ingredients

- 3 egg whites
- 60 g sugar
- 90 g hazelnuts
- 30 g brown sugar
- 30 g brown sugar
- 25 g flour plain
- 60 g flour
- 65 g vanilla extract with 1/2 tsp vanilla extract melted

20 g apricots dried

## Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- cake form
- spatula
- skewers

## Directions

- In a large bowl, mix ground hazelnut, brown sugar, plain flour and wholemeal flour together and set aside.
- Whisk egg whites and sugar at medium high speed till firm and smooth.
- Use hand to fold one quarter of beaten egg whites to the flour mixture evenly and remaining egg white in two batches.
- Lastly add in melted butter in two batches and mix well with a rubber spatula follow by the dried apricots and dried cranberries.
- Pour mixture into a 7 inch (lined) round cake pan and sprinkle more dried apricots and dried cranberries over it.
- Bake at preheated oven 170C for about 30-35 minutes or until skewer inserted comes out clean. Leave cake to cool in pan for 15 minutes and remove to wire rack to cool down completely.

## Nutrition Facts



**PROTEIN 9.26%** **FAT 34.68%** **CARBS 56.06%**

## Properties

Glycemic Index:50.44, Glycemic Load:14.35, Inflammation Score:-4, Nutrition Score:13.966086956522%

## Flavonoids

Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 390.7kcal (19.53%), Fat: 14.23g (21.9%), Saturated Fat: 1.08g (6.75%), Carbohydrates: 51.75g (17.25%), Net Carbohydrates: 47.7g (17.34%), Sugar: 33.25g (36.95%), Cholesterol: 0mg (0%), Sodium: 43.64mg (1.9%), Alcohol: 5.59g (31.06%), Protein: 8.55g (17.1%), Manganese: 2.1mg (104.8%), Copper: 0.49mg (24.32%), Selenium: 16.7µg (23.86%), Vitamin E: 3.53mg (23.53%), Vitamin B1: 0.27mg (18.22%), Fiber: 4.06g (16.23%), Magnesium: 64.88mg (16.22%), Phosphorus: 131.65mg (13.17%), Vitamin B2: 0.2mg (11.77%), Iron: 2.06mg (11.44%), Folate: 44.96µg (11.24%), Vitamin B6: 0.2mg (10.23%), Potassium: 308.06mg (8.8%), Vitamin B3: 1.66mg (8.28%), Zinc: 1.03mg (6.84%), Calcium: 48.3mg (4.83%), Vitamin B5: 0.4mg (4.05%), Vitamin K: 3.66µg (3.49%), Vitamin C: 1.92mg (2.32%), Vitamin A: 102.15IU (2.04%)