

Strawberries soft moist Cake

🕒 50 min 🍽️ 8 servings

Per serving: 270 Kcal 5g Protein 15g Fat 31g Carbs

Ingredients

- **Strawberries**, 1 portion(s) (250 g)
- **Sugar**, 1 portion(s) (100 g)
- **Butter**, 100 g (100 g)
- **Egg, whole, raw, fresh**, 2 egg (86 g)
- **Salt**, 1 dash (0.1 g)
- **Flour**, 1 cup (140 g)
- **Cashew (powder) ground**, 1 portion(s) (60 g)
- **Level teaspoon baking powder**, 1 teaspoons (4 g)
- **Almond milk, unsweetened**, 1 portion(s) (50 g)



Instructions

1. Preheat the oven to 180°C.
2. Over very low heat in a saucepan, melt the butter, and set aside. Beat the eggs with the sugar in a baking mixer for 3 to 5 minutes, then add the melted butter. Mix it well for 2 minutes. Set aside.
4. In another bowl, mix the flour, cashew (powder) ground, a pinch of salt, and baking powder. Add slowly this mixture to the wet ingredients that were set aside. If the batter is thick, add slowly 1/4 cup of milk. Give it a good mix again!
5. Pour the batter into a 20cm square silicone mold cake or a pan lined with parchment paper.
6. Wash and dry the strawberries if they are fresh and if they are frozen it's totally fine too. And place them on top of the batter.
8. Bake for about 30 minutes. Once it's cooled sprinkle with powdered sugar.

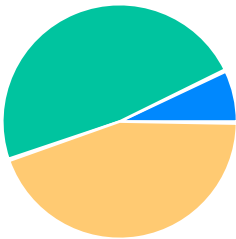
Comments

Enjoy it when it's slightly warm! Or, you could add a scoop of ice cream or whipped cream, depending on your taste.

This deliciously soft and moist cake, it's perfect for any occasion—whether as a comforting afternoon snack, a delightful dessert, or a sweet treat to share with loved ones. The fresh strawberries add a juicy, slightly tangy contrast to the nutty almond/cashew base.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	2158	273.1	269.8
Protein [g]	39	4.9	4.9
Fat [g]	118.3	15	14.8
Carbs [g]	246.2	31.2	30.8
Fiber [g]	10.8	1.4	1.4
Net Carbs [g]	235.4	29.8	29.4



7 % Protein 48 % Fat 45 % Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Calcium, Ca [mg]	491.7	62.2	61.5
Iron, Fe [mg]	13.7	1.7	1.7
Magnesium, Mg [mg]	255.4	32.3	31.9
Phosphorus, P [mg]	854.6	108.2	106.8
Potassium, K [mg]	1107.3	140.1	138.4
Sodium, Na [mg]	648.1	82	81
Zinc, Zn [mg]	6	0.8	0.8
Vitamin A, RAE [ug]	845.6	107	105.7
Vitamin E [mg]	6	0.8	0.8
Vitamin D [ug]	2.2	0.3	0.3
Vitamin C [mg]	147.3	18.6	18.4
Thiamin [mg]	1.5	0.2	0.2
Riboflavin [mg]	1.3	0.2	0.2

Niacin [mg]	10	1.3	1.3
Vitamin B6 [mg]	0.6	0.1	0.1
Vitamin B12 [ug]	0.9	0.1	0.1
Vitamin K [ug]	33.6	4.3	4.2