All About Mandarin Oranges…
Mandarin Orange Upside-down Cake 🟧 MEATLESS MONDAY

金金糕升

Serves: 10 pax

INGREDIENTS	NUTRITIONAL INFORMATION (per serving)	
• 5 mandarin oranges • 1 cup low fat milk • 1 tsp orange juice • 2 tsp vanilla essence • 1 cup plain flour & ½ cup whole meal flour • 1½ tsp baking powder • ¾ cup caster sugar • 80 ml vegetable oil	Energy (kcal)	227
	Carbohydrate (g)	35
	Protein (g)	4
	Fat (g)	8
	• Saturated Fat (g)	1
	• Polyunsaturated Fat (g)	3
	• Monounsaturated Fat (g)	3
	Cholesterol (mg)	1
	Dietary Fibre (g)	2
	Sodium (mg)	60
	Potassium (mg)	213
	Phosphate (mg)	67

Methods

1. Pre-heat the oven to 180°C.
2. Slice the mandarin oranges diagonally into 5 pieces.
3. Coat the baking pan with margarine before lining the mandarin oranges onto it.
4. Mix wet ingredients (A) – low fat milk, orange juice and vanilla essence.
5. Mix dry ingredients (B) – plain and wholemeal flour, baking powder, caster sugar with a pinch of salt.
6. Mix (A) and (B) well with vegetable oil.
7. Pour the batter into the baking pan.
8. Bake for 25 minutes and serve hot or cold.