



## Apple flapjack trifle



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



579 kcal

DESSERT

### Ingredients

- ☐ 100 g oats
- ☐ 1 tsp spice mixed
- ☐ 50 g g muscovado sugar light
- ☐ 50 g butter
- ☐ 7 apples
- ☐ 25 g butter
- ☐ 25 g brown sugar
- ☐ 500 g custard sauce fresh

- ☐ 284 ml double cream
- ☐ 2 tbsp blackcurrants   canned (you will find it in small bottles in the chiller cabinet alongside the creams, or by the fruit)

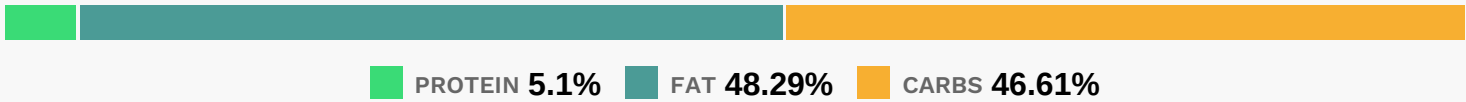
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ Mix the oats, spice and sugar. Melt the butter in a frying pan, add the oats and fry for about 5 minutes, stirring all the time, until they are lightly toasted and crisp (they become crispier still on cooling). Tip into a bowl and leave to cool.
- ☐ Peel, core and thickly slice the apples. Melt the butter in the frying pan until it is foaming, add the apples and fry quickly over a fairly high heat, flipping them over when they start to colour.
- ☐ Sprinkle over the sugar and cook for a further 2–3 minutes, until the apples are slightly softened. Leave to cool.
- ☐ Layer half the apples and almost half the oats in a glass serving dish, repeat, setting aside a few oats.
- ☐ Drizzle over the coulis, then spoon over the custard. Whip the cream until stiff, then spoon over the custard. Scatter over the remaining oats.
- ☐ Serve straight away or chill for up to 6 hours.

## Nutrition Facts



## Properties

Glycemic Index:34.77, Glycemic Load:16.96, Inflammation Score:-7, Nutrition Score:14.108695672906%

## Flavonoids

Cyanidin: 6.41mg, Cyanidin: 6.41mg, Cyanidin: 6.41mg, Cyanidin: 6.41mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 4.42mg, Delphinidin: 4.42mg, Delphinidin: 4.42mg, Delphinidin: 4.42mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg

2.79mg, Catechin: 2.79mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 16.01mg, Epicatechin: 16.01mg, Epicatechin: 16.01mg, Epicatechin: 16.01mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.4mg, Epigallocatechin 3–gallate: 0.4mg, Epigallocatechin 3–gallate: 0.4mg, Epigallocatechin 3–gallate: 0.4mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg

Nutrients (% of daily need)

Calories: 578.51kcal (28.93%), Fat: 32.17g (49.49%), Saturated Fat: 19.34g (120.86%), Carbohydrates: 69.86g (23.29%), Net Carbohydrates: 63.03g (22.92%), Sugar: 39.81g (44.24%), Cholesterol: 123.18mg (41.06%), Sodium: 170.13mg (7.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.28%), Manganese: 0.76mg (37.95%), Fiber: 6.83g (27.31%), Vitamin A: 1290.86IU (25.82%), Phosphorus: 234.44mg (23.44%), Vitamin C: 19.13mg (23.19%), Vitamin B2: 0.36mg (21.24%), Calcium: 187.02mg (18.7%), Selenium: 11.55µg (16.5%), Potassium: 542.96mg (15.51%), Magnesium: 53.29mg (13.32%), Vitamin B1: 0.18mg (11.78%), Vitamin D: 1.76µg (11.75%), Vitamin B5: 1.07mg (10.7%), Vitamin B6: 0.18mg (9.19%), Vitamin B12: 0.53µg (8.85%), Vitamin E: 1.29mg (8.57%), Iron: 1.53mg (8.48%), Zinc: 1.27mg (8.45%), Copper: 0.16mg (8.22%), Vitamin K: 7.66µg (7.3%), Folate: 21.69µg (5.42%), Vitamin B3: 0.56mg (2.81%)