



Apricot & raspberry buckle

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



408 kcal

DESSERT

Ingredients

- ☐ 175 g self raising flour
- ☐ 200 g butter softened
- ☐ 2 tbsp little demerara sugar
- ☐ 2 tsp cinnamon
- ☐ 175 g sugar
- ☐ 3 eggs
- ☐ 2 tsp vanilla extract
- ☐ 6 apricots sliced

☐ 200 g raspberries fresh

Equipment

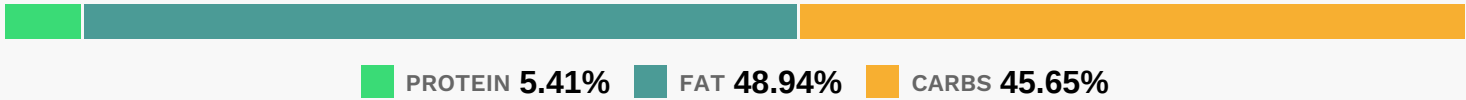
☐ bowl

☐ oven

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Butter and line the base of a 23cm square tin. For the crumble mix, put 2 tbsp flour and 25g of the butter with the demerara sugar and cinnamon in a bowl. Rub between your fingers until it resembles damp breadcrumbs.
- ☐ Tip the remaining flour and butter and the caster sugar, eggs and vanilla in a bowl, then beat until well combined. Lightly fold in half the apricots and raspberries, then spread over the prepared tin.
- ☐ Scatter over the remaining fruit, then sprinkle with the crumble mix.
- ☐ Bake for 45–50 mins until light golden, then cool for 10 mins and remove from the tin.
- ☐ Cut into squares and serve warm with cream or ice cream for dessert, or cold for tea.

Nutrition Facts



Properties

Glycemic Index:32.47, Glycemic Load:26.91, Inflammation Score:-6, Nutrition Score:7.4591304219287%

Flavonoids

Cyanidin: 11.44mg, Cyanidin: 11.44mg, Cyanidin: 11.44mg, Cyanidin: 11.44mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.25mg, Pelargonidin: 0.25mg, Pelargonidin: 0.25mg, Pelargonidin: 0.25mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.69mg, Quercetin:

0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 408.23kcal (20.41%), Fat: 22.55g (34.69%), Saturated Fat: 13.43g (83.96%), Carbohydrates: 47.33g (15.78%), Net Carbohydrates: 44.31g (16.11%), Sugar: 28.63g (31.81%), Cholesterol: 115.13mg (38.38%), Sodium: 185.6mg (8.07%), Alcohol: 0.36g (100%), Alcohol %: 0.32% (100%), Protein: 5.61g (11.21%), Vitamin A: 1230.03IU (24.6%), Manganese: 0.48mg (24.19%), Selenium: 14.23µg (20.33%), Fiber: 3.02g (12.08%), Vitamin C: 9.2mg (11.15%), Vitamin E: 1.31mg (8.71%), Phosphorus: 73.69mg (7.37%), Vitamin B2: 0.12mg (7.2%), Folate: 23.38µg (5.84%), Vitamin B5: 0.52mg (5.24%), Copper: 0.1mg (4.97%), Iron: 0.84mg (4.68%), Vitamin K: 4.88µg (4.65%), Potassium: 162.05mg (4.63%), Magnesium: 16.65mg (4.16%), Zinc: 0.59mg (3.97%), Calcium: 35.39mg (3.54%), Vitamin B6: 0.07mg (3.31%), Vitamin B12: 0.19µg (3.16%), Vitamin B3: 0.56mg (2.81%), Vitamin B1: 0.04mg (2.77%), Vitamin D: 0.33µg (2.2%)