



## Banbury cakes

 Vegetarian

READY IN



60 min.

SERVINGS



10

CALORIES



371 kcal

DESSERT

## Ingredients

- ☐ 50 g butter unsalted softened
- ☐ 1 tbsp honey english
- ☐ 0.5 tsp nutmeg freshly grated
- ☐ 0.5 tsp ground cinnamon
- ☐ 100 g currants
- ☐ 50 g candied orange peel
- ☐ 500 g puff pastry
- ☐ 1 egg whites beaten

☐ 1 tbsp coarsely sugar cubes crushed

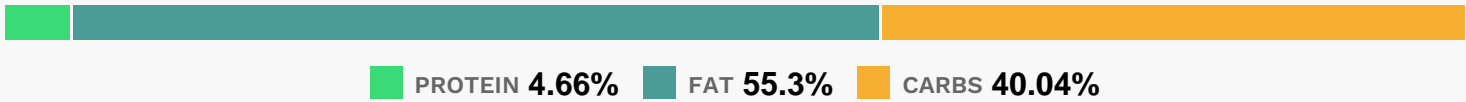
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Cream the butter and honey together with the spices.
- ☐ Add the currants and the candied peel and mix well. On a lightly floured surface roll out the pastry to the thickness of a 1 coin and cut out 10 x 10cm circles, re-rolling any trimmings. Divide the filling between the circles.
- ☐ Bring up the edges of the pastry to enclose the filling and crimp the edges of the pastry together to look like little purses. Turn the parcels over, with the folds underneath.
- ☐ Roll each parcel out gently to an oval shape, taking care not to expose the filling.
- ☐ Heat the oven to 180C/160C fan/gas
- ☐ Place the cakes on a baking sheet lined with non-stick paper.
- ☐ Brush with the egg white and sprinkle with sugar. Cook for 25-30 mins until cooked and crispy. Turn the oven down if the tops brown too quickly.
- ☐ When cooked, transfer to a wire rack and allow to cool a little before eating. When cold, theyre excellent spread with a little salted butter.

Nutrition Facts



Properties

Glycemic Index:27.84, Glycemic Load:15.98, Inflammation Score:-2, Nutrition Score:5.6886956769487%

Nutrients (% of daily need)

Calories: 370.98kcal (18.55%), Fat: 23.18g (35.67%), Saturated Fat: 7.43g (46.42%), Carbohydrates: 37.77g (12.59%), Net Carbohydrates: 36.41g (13.24%), Sugar: 13.89g (15.44%), Cholesterol: 10.75mg (3.58%), Sodium: 139.36mg (6.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.79%), Selenium: 12.88µg (18.4%), Manganese:

0.32mg (16.23%), Vitamin B1: 0.22mg (14.39%), Vitamin B3: 2.26mg (11.28%), Vitamin B2: 0.17mg (10.1%), Folate: 40.4µg (10.1%), Vitamin K: 8.79µg (8.37%), Iron: 1.5mg (8.35%), Fiber: 1.37g (5.46%), Copper: 0.09mg (4.61%), Phosphorus: 42.2mg (4.22%), Potassium: 119.16mg (3.4%), Magnesium: 12.55mg (3.14%), Vitamin A: 134.2IU (2.68%), Vitamin E: 0.4mg (2.68%), Zinc: 0.32mg (2.13%), Vitamin B6: 0.04mg (2.06%), Calcium: 17.76mg (1.78%)