



Bara brith

 Vegetarian

READY IN



100 min.

SERVINGS



10

CALORIES



265 kcal

SIDE DISH

Ingredients

- ☐ 300 g fruit mixed
- ☐ 200 g g muscovado sugar light
- ☐ 1 orange zest
- ☐ 250 ml tea black hot
- ☐ 350 g self raising flour
- ☐ 2 tsp spice mixed
- ☐ 1 large eggs beaten
- ☐ 50 g butter soft for greasing and to serve

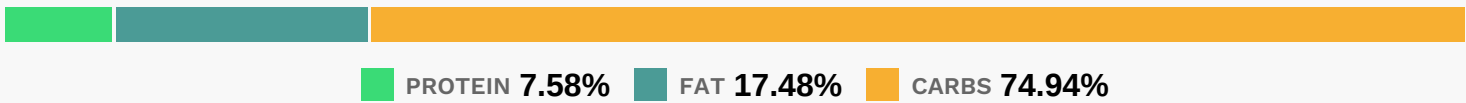
Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Tip the fruit into a bowl with the sugar and orange zest.
- ☐ Pour over the tea, stir everything together and leave to soak overnight.
- ☐ Heat oven to 160C/140C fan/gas
- ☐ Grease and line the base and short sides of a 900g/loaf tin with 1 strip of baking parchment. Tip the flour and spice into a bowl, and beat in the fruit and soaking liquid.
- ☐ Add the egg, followed by the butter. Beat until you have a well-combined, stiff batter, then tip into the prepared loaf tin.
- ☐ Bake for 1 hrs, covering with foil or parchment if the top starts to get too dark. Check with a skewer if it doesnt come out clean, give it another 5-10 mins in the oven.
- ☐ Leave to cool in the tin for 10 mins, then remove and leave to cool completely.
- ☐ Serve sliced and buttered, if you like.

Nutrition Facts



Properties

Glycemic Index:11.7, Glycemic Load:16.45, Inflammation Score:-4, Nutrition Score:4.6608696320783%

Flavonoids

Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 2.01mg, Epigallocatechin: 2.01mg, Epigallocatechin: 2.01mg, Epigallocatechin: 2.01mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epicatechin 3-gallate: 1.46mg, Epicatechin 3-gallate: 1.46mg, Epicatechin 3-gallate: 1.46mg, Epicatechin 3-gallate: 1.46mg Epigallocatechin 3-gallate: 2.33mg, Epigallocatechin 3-gallate: 2.33mg, Epigallocatechin 3-gallate: 2.33mg, Epigallocatechin 3-gallate: 2.33mg Theaflavin: 0.39mg,

Theaflavin: 0.39mg, Theaflavin: 0.39mg, Theaflavin: 0.39mg Thearubigins: 20.27mg, Thearubigins: 20.27mg, Thearubigins: 20.27mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg Theaflavin-3,3'-digallate: 0.44mg, Theaflavin-3,3'-digallate: 0.44mg, Theaflavin-3,3'-digallate: 0.44mg Theaflavin-3'-gallate: 0.38mg, Theaflavin-3'-gallate: 0.38mg, Theaflavin-3'-gallate: 0.38mg, Theaflavin-3'-gallate: 0.38mg Gallocatechin: 0.31mg, Gallocatechin: 0.31mg, Gallocatechin: 0.31mg, Gallocatechin: 0.31mg

Nutrients (% of daily need)

Calories: 265.23kcal (13.26%), Fat: 5.19g (7.99%), Saturated Fat: 2.84g (17.76%), Carbohydrates: 50.09g (16.7%), Net Carbohydrates: 48.58g (17.67%), Sugar: 22.94g (25.48%), Cholesterol: 29.35mg (9.78%), Sodium: 48.04mg (2.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.99mg (1.66%), Protein: 5.07g (10.14%), Selenium: 15.77µg (22.53%), Manganese: 0.42mg (20.87%), Fiber: 1.51g (6.03%), Copper: 0.1mg (5.24%), Phosphorus: 50.42mg (5.04%), Vitamin A: 249.33IU (4.99%), Folate: 16.55µg (4.14%), Iron: 0.73mg (4.07%), Magnesium: 14.31mg (3.58%), Vitamin B2: 0.06mg (3.4%), Calcium: 32.01mg (3.2%), Potassium: 110.82mg (3.17%), Vitamin C: 2.39mg (2.89%), Vitamin B5: 0.28mg (2.83%), Zinc: 0.42mg (2.78%), Vitamin B3: 0.52mg (2.58%), Vitamin B1: 0.04mg (2.39%), Vitamin E: 0.32mg (2.13%), Vitamin B6: 0.04mg (1.92%), Vitamin K: 1.96µg (1.87%)