



WHATSheATE



Barney's roly-poly mince pies

READY IN



80 min.

SERVINGS



12

CALORIES



245 kcal

DESSERT

Ingredients

- ☐ 50 g golden caster sugar
- ☐ 1 sheet ready-rolled puff pastry
- ☐ 411 g mincemeat traditional
- ☐ 1 tbsp milk
- ☐ 25 g almonds flaked

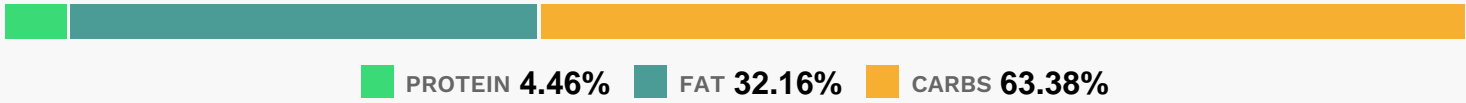
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 200C/gas 6/ fan 180C. Scatter the sugar over the worktop, unravel the pastry, then roll it out so its a quarter bigger, but keeps its rectangular shape.
- ☐ Spoon and spread the mincemeat evenly over the pastry leaving a 2cm border along the longest edges. Fold one of the longest edges over the mincemeat then roll the pastry tightly into a sausage shape while gently pressing the pastry into the mincemeat. When you get to the other edge, brush it with milk and press down to seal in the mincemeat. Press both ends in gently to plump up the roll and chill for at least 30 minutes to firm it. (The mince pie roll may now be frozen whole or as portioned slices, see below, for up to 1 month.)
- ☐ Cut the roll into 12 rounds, about 3cm thick.
- ☐ Lay them evenly spaced on a large baking sheet and flatten them with your hand so they look like squashed Chelsea buns. Scatter the almonds on top and bake for 20–30 minutes until golden brown and the mincemeat sizzles. Leave to cool for 5 minutes keep them separate so they dont stick together. Eat hot with vanilla ice cream, or just as they are.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:5.03, Inflammation Score:-1, Nutrition Score:2.6999999819242%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 244.58kcal (12.23%), Fat: 8.86g (13.63%), Saturated Fat: 2.07g (12.94%), Carbohydrates: 39.29g (13.1%), Net Carbohydrates: 37.93g (13.79%), Sugar: 27.43g (30.48%), Cholesterol: 0.15mg (0.05%), Sodium: 243.62mg (10.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.53%), Manganese: 0.15mg (7.5%), Selenium: 5.1µg (7.29%), Vitamin B1: 0.09mg (5.75%), Fiber: 1.35g (5.42%), Vitamin B2: 0.08mg (4.9%), Vitamin B3: 0.93mg

(4.66%), Vitamin E: 0.64mg (4.29%), Folate: 16.88µg (4.22%), Iron: 0.63mg (3.5%), Vitamin K: 3.29µg (3.13%), Phosphorus: 23.7mg (2.37%), Magnesium: 9.42mg (2.35%), Copper: 0.05mg (2.34%), Calcium: 12.64mg (1.26%), Zinc: 0.18mg (1.2%)