



Blackberry & apple mallow traybake

 Vegetarian

READY IN



90 min.

SERVINGS



16

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 140 g butter unsalted softened for greasing plus a little
- ☐ 140 g brown sugar
- ☐ 1 egg yolk beaten
- ☐ 0.5 tsp vanilla extract
- ☐ 100 g self raising flour
- ☐ 100 g almond flour
- ☐ 1 tsp double-acting baking powder
- ☐ 1 tsp nutmeg freshly grated (or)

- ☐ 1 large bramley apples peeled sliced (to give 140g)
- ☐ 125 g blackberries (avoid 'dessert' blackberries, as they lack bite)
- ☐ 25 g blackberries
- ☐ 100 g sugar white for the ripple
- ☐ 2 egg whites
- ☐ 1 tsp juice of lemon
- ☐ 1 tbsp almonds flaked toasted

Equipment

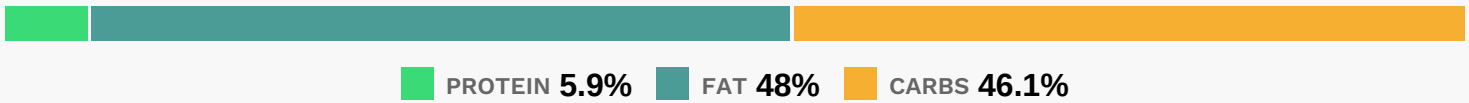
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ microwave
- ☐ skewers

Directions

- ☐ First make the blackberry sauce to ripple through the mallow.
- ☐ Put the berries and 1 tsp sugar in a small bowl and cover with cling film. Microwave for 30 secs on High. Alternatively, add 1 tsp water then soften in a pan over a low heat. Mash well until saucy, then leave to cool.
- ☐ Heat oven to 160C/140C fan/gas
- ☐ Grease and line the base and sides of a 23cm square traybake tin, leaving some overhang. Using electric beaters or a hand whisk, beat the butter and sugar in a large bowl until very pale and creamy, then beat in the egg and yolks, followed by the vanilla.
- ☐ Mix the flour, almonds, baking powder, nutmeg and a pinch of salt, then fold into the fluffy mix to make a very thick batter.
- ☐ Fold in the apple, then spoon into the tin and smooth over the top. Scatter with the blackberries, poke them in just a little, then bake for 45 mins until golden and a skewer inserted into the middle comes out clean. After removing, leave the oven on.

- ☐
- For the mallow topping, youll need a large piping bag with a 1cm nozzle, or a food bag with a corner snipped off.
- ☐
- Whisk the egg whites, lemon juice and a pinch of salt to stiff peaks.
- ☐
- Add the sugar 1 tbsp at a time, whisking well after each spoonful, to make a shiny, stiff meringue. Ripple with the cooled blackberry mix, then spoon into the bag. Pipe 16 evenly spaced, walnut-sized meringues on top of the cake (youll have some left over), scatter with the toasted almonds, then bake for 10–12 mins until the meringues are just set. Cool in the tin for 30 mins, then remove to a rack to cool completely.
- ☐
- Add a dusting of icing sugar, if you like, then cut into squares.

Nutrition Facts



Properties

Glycemic Index:24.44, Glycemic Load:8.02, Inflammation Score:-2, Nutrition Score:2.733913074369%

Flavonoids

Cyanidin: 9.6mg, Cyanidin: 9.6mg, Cyanidin: 9.6mg, Cyanidin: 9.6mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3.66mg, Catechin: 3.66mg, Catechin: 3.66mg, Catechin: 3.66mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 199.72kcal (9.99%), Fat: 11.05g (17%), Saturated Fat: 4.9g (30.63%), Carbohydrates: 23.88g (7.96%), Net Carbohydrates: 22.13g (8.05%), Sugar: 17g (18.89%), Cholesterol: 30.96mg (10.32%), Sodium: 41.12mg (1.79%), Alcohol: 0.05g (100%), Alcohol %: 0.09% (100%), Protein: 3.05g (6.11%), Manganese: 0.14mg (7.04%), Fiber: 1.75g (7.01%), Selenium: 4.16µg (5.94%), Vitamin A: 262.76IU (5.26%), Calcium: 47.62mg (4.76%), Vitamin E: 0.55mg (3.68%), Vitamin C: 2.73mg (3.32%), Iron: 0.53mg (2.93%), Phosphorus: 26.69mg (2.67%), Vitamin K: 2.8µg (2.67%), Vitamin B2: 0.04mg (2.57%), Copper: 0.05mg (2.32%), Magnesium: 7.62mg (1.9%), Folate: 7.41µg (1.85%),

Potassium: 63.19mg (1.81%), Vitamin D: 0.19µg (1.28%), Vitamin B5: 0.13mg (1.27%), Zinc: 0.17mg (1.13%)