



WHATSheATE



Blackberry & coconut squares



Vegetarian



Popular

READY IN



90 min.

SERVINGS



12

CALORIES



356 kcal

SIDE DISH

Ingredients

- ☐ 250 g self-raising flour
- ☐ 25 g oats
- ☐ 280 g brown sugar soft
- ☐ 200 g butter cold cut into pieces
- ☐ 75 g desiccated coconut
- ☐ 2 medium eggs beaten
- ☐ 350 g blackberry fresh

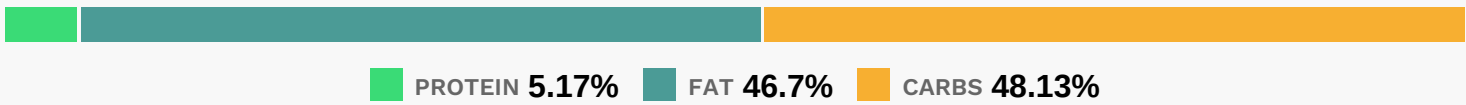
Equipment

- ☐ bowl
- ☐ oven
- ☐ skewers

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Tip the flour, oats and sugar into a large bowl. Rub the butter into the flour mixture using your fingertips until only small pea-size pieces remain. Stir through the coconut, then fill a teacup with the mixture and set this aside.
- ☐ Stir the eggs into the bowl of mixture, then spread over the bottom of a lined baking tin (31 x 17cm), or a 21cm square tin. Smooth the surface with the back of a spoon, then scatter over the blackberries. Scatter over the reserved teacup mixture and bake for 1 hr–1 hr 15 mins until golden and cooked through (if you poke a skewer in, it should come out with moist crumbs but no wet mixture). Leave to cool, then remove from the tin and cut into squares.
- ☐ Serve with some extra berries, if you like. Great for teatime or to pop into a lunchbox.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:10.59, Inflammation Score:-4, Nutrition Score:6.7630434865537%

Flavonoids

Cyanidin: 29.15mg, Cyanidin: 29.15mg, Cyanidin: 29.15mg, Cyanidin: 29.15mg Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 10.81mg, Catechin: 10.81mg, Catechin: 10.81mg, Catechin: 10.81mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.36mg, Epicatechin: 1.36mg, Epicatechin: 1.36mg, Epicatechin: 1.36mg Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 355.55kcal (17.78%), Fat: 18.87g (29.03%), Saturated Fat: 12.45g (77.81%), Carbohydrates: 43.75g (14.58%), Net Carbohydrates: 40.48g (14.72%), Sugar: 24.64g (27.38%), Cholesterol: 63.11mg (21.04%), Sodium: 127.26mg

(5.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.4%), Manganese: 0.62mg (30.88%), Selenium: 12.84µg (18.35%), Fiber: 3.28g (13.1%), Vitamin A: 518.93IU (10.38%), Copper: 0.16mg (8.01%), Vitamin C: 6.22mg (7.54%), Vitamin K: 7.09µg (6.75%), Phosphorus: 67.5mg (6.75%), Vitamin E: 0.92mg (6.16%), Magnesium: 22.85mg (5.71%), Iron: 0.96mg (5.34%), Folate: 19.58µg (4.89%), Potassium: 154.72mg (4.42%), Zinc: 0.65mg (4.33%), Calcium: 41.76mg (4.18%), Vitamin B5: 0.41mg (4.07%), Vitamin B2: 0.07mg (4.04%), Vitamin B6: 0.06mg (2.99%), Vitamin B1: 0.04mg (2.64%), Vitamin B3: 0.5mg (2.48%), Vitamin B12: 0.09µg (1.56%)