

Boozy mincemeat



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



3

CALORIES



3732 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g currants
- ☐ 500 g raisins (or a mixture)
- ☐ 500 g golden raisins
- ☐ 500 g bramley apples cored peeled chopped
- ☐ 250 g suet shredded
- ☐ 100 g almond flour whole coarsely chopped
- ☐ 350 g little demerara sugar
- ☐ 100 g t brown sugar dark

- ☐ 1 tsp ground cinnamon
- ☐ 2 tsp spice mixed
- ☐ 1 large optional: lemon juicy
- ☐ 250 g candied orange peel mixed whole chopped
- ☐ 125 ml rum dark
- ☐ 125 ml pear liqueur
- ☐ 175 ml brandy french

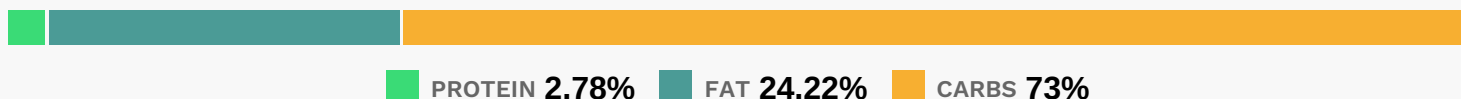
Equipment

- ☐ bowl
- ☐ kitchen towels
- ☐ colander

Directions

- ☐ Wash the dried fruit thoroughly in a colander under the cold tap (you may find it easier to do this in batches) – whatever it says on the packet, washing the fruit is something I've (Ruth Watson) always done. Tip the fruit on to clean tea towels and dry by patting in the cloths.
- ☐ Put the dried fruit in a very large bowl with the apples, suet, almonds, sugars and spices. Grate the zest of the lemon into the bowl, then squeeze in the juice. Tip in the peel and the alcohol.
- ☐ Mix all the ingredients very thoroughly – it's easiest to do this with your (very clean) hands.
- ☐ Cover and leave to stand for 24 hours, asking the family to stop and give it a good stir with a spoon when they pass by.
- ☐ Pack the mincemeat into sterilised or dishwasher-clean jars (Kilner jars are ideal) and top with greaseproof paper jam covers. Seal the jars tightly and store in a cool place. The mincemeat will last from one year to the next, but's best used within 6 months.

Nutrition Facts



Properties

Glycemic Index:77.66, Glycemic Load:178.5, Inflammation Score:-8, Nutrition Score:40.937826322473%

Flavonoids

Cyanidin: 2.62mg, Cyanidin: 2.62mg, Cyanidin: 2.62mg, Cyanidin: 2.62mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 12.55mg, Epicatechin: 12.55mg, Epicatechin: 12.55mg, Epicatechin: 12.55mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 4.76mg, Kaempferol: 4.76mg, Kaempferol: 4.76mg, Kaempferol: 4.76mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 11.09mg, Quercetin: 11.09mg, Quercetin: 11.09mg, Quercetin: 11.09mg

Nutrients (% of daily need)

Calories: 3731.91kcal (186.6%), Fat: 97.5g (149.99%), Saturated Fat: 45.6g (284.99%), Carbohydrates: 661.11g (220.37%), Net Carbohydrates: 625.25g (227.36%), Sugar: 453.53g (503.92%), Cholesterol: 56.67mg (18.89%), Sodium: 242.85mg (10.56%), Alcohol: 50.69g (100%), Alcohol %: 5.36% (100%), Protein: 25.15g (50.29%), Fiber: 35.87g (143.46%), Potassium: 4294.12mg (122.69%), Manganese: 2.36mg (117.92%), Copper: 1.75mg (87.51%), Iron: 13.44mg (74.65%), Vitamin B6: 1.49mg (74.43%), Vitamin C: 49.26mg (59.71%), Vitamin B2: 0.93mg (54.47%), Phosphorus: 531.11mg (53.11%), Magnesium: 191.38mg (47.84%), Calcium: 447.14mg (44.71%), Vitamin B1: 0.52mg (34.88%), Vitamin B3: 6.95mg (34.77%), Vitamin K: 18.9µg (18%), Vitamin E: 2.07mg (13.78%), Zinc: 1.9mg (12.64%), Folate: 37.17µg (9.29%), Selenium: 4.69µg (6.71%), Vitamin B5: 0.65mg (6.49%), Vitamin A: 241.46IU (4.83%), Vitamin B12: 0.22µg (3.75%)