



Brandy Snap Baskets

 Vegetarian

READY IN



90 min.

SERVINGS



12

CALORIES



105 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 0.5 cup flour all-purpose
- 0.3 cup golden syrup
- 1 teaspoon ground ginger
- 0.5 teaspoon lemon zest grated
- 0.3 cup caster sugar

Equipment

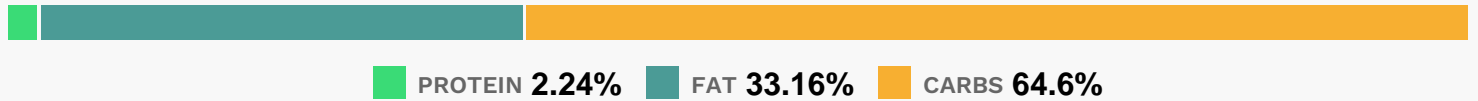
- bowl

- baking sheet
- sauce pan
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Generously grease baking sheets.
- Sift together flour and ginger.
- In a small saucepan over medium heat, combine butter, sugar and syrup and cook until butter is melted. Allow to cool.
- Stir flour mixture and lemon rind into syrup. Drop by spoonfuls onto prepared sheets, well spaced apart, as the mixture will spread.
- Bake 10 to 15 minutes in preheated oven, until golden.
- Remove from oven and let cool 1 minute. Have ready 5 small bowls, their undersides buttered. Gently lift the brandy snap off the tray and bend it over a bowl to shape.
- Remove baskets when cooler and set.

Nutrition Facts



Properties

Glycemic Index:21.51, Glycemic Load:11.48, Inflammation Score:-1, Nutrition Score:1.0699999934953%

Nutrients (% of daily need)

Calories: 105.16kcal (5.26%), Fat: 3.91g (6.02%), Saturated Fat: 2.44g (15.27%), Carbohydrates: 17.15g (5.72%), Net Carbohydrates: 16.97g (6.17%), Sugar: 13.07g (14.53%), Cholesterol: 10.17mg (3.39%), Sodium: 30.62mg (1.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.19%), Manganese: 0.09mg (4.56%), Selenium: 1.94µg (2.77%), Vitamin B1: 0.04mg (2.75%), Folate: 9.71µg (2.43%), Vitamin A: 118.27IU (2.37%), Vitamin B2: 0.03mg (1.69%), Vitamin B3: 0.33mg (1.63%), Iron: 0.28mg (1.55%)