



Cherry mallow traybake

READY IN



60 min.

SERVINGS



15

CALORIES



351 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 250 g pack butter softened
- ☐ 280 g self-raising flour
- ☐ 250 g golden caster sugar
- ☐ 0.5 tsp double-acting baking powder
- ☐ 4 eggs
- ☐ 150 ml pot natural yogurt
- ☐ 1 tsp vanilla extract
- ☐ 85 g glacé cherry red chopped
- ☐ 50 g marshmallow white snipped

- ☐ 250 g marshmallow white
- ☐ 5 tbsp milk
- ☐ 8 glacé cherries red halved

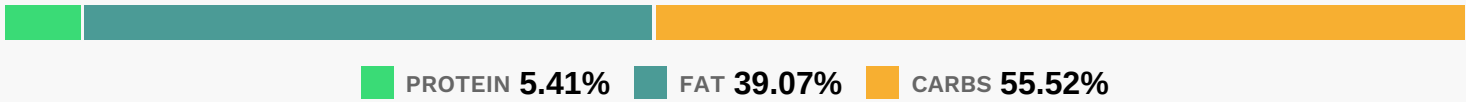
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ skewers

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Line a 20 x 30cm baking or roasting tin with baking parchment. Beat together the butter, flour, sugar, baking powder, eggs, yogurt and vanilla. Stir in the chopped cherries and snipped marshmallows.
- ☐ Scrape into the tin and bake for 25–35 mins until a skewer poked in comes out clean. Cool.
- ☐ To decorate, put the marshmallows into a pan with the milk and gently melt, stirring.
- ☐ Scrape into a bowl and cool, stirring occasionally, until thick enough to spread.
- ☐ Spread over the cake, dot over the halved cherries and slice into 15 squares.

Nutrition Facts



Properties

Glycemic Index:27.27, Glycemic Load:18.99, Inflammation Score:–3, Nutrition Score:4.127826143866%

Flavonoids

Cyanidin: 1.71mg, Cyanidin: 1.71mg, Cyanidin: 1.71mg, Cyanidin: 1.71mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Kaempferol: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 350.99kcal (17.55%), Fat: 15.5g (23.84%), Saturated Fat: 9.3g (58.14%), Carbohydrates: 49.55g (16.52%), Net Carbohydrates: 48.95g (17.8%), Sugar: 30.27g (33.64%), Cholesterol: 81.43mg (27.14%), Sodium: 167.81mg (7.3%), Alcohol: 0.1g (100%), Alcohol %: 0.11% (100%), Protein: 4.83g (9.65%), Selenium: 12.04µg (17.2%), Vitamin A: 502.21IU (10.04%), Manganese: 0.17mg (8.43%), Phosphorus: 67.06mg (6.71%), Calcium: 56.26mg (5.63%), Vitamin B2: 0.09mg (5.55%), Vitamin E: 0.6mg (3.98%), Vitamin B5: 0.37mg (3.73%), Copper: 0.07mg (3.71%), Folate: 13.49µg (3.37%), Vitamin B12: 0.2µg (3.3%), Iron: 0.58mg (3.24%), Zinc: 0.42mg (2.83%), Potassium: 98.6mg (2.82%), Magnesium: 10.85mg (2.71%), Fiber: 0.61g (2.43%), Vitamin B6: 0.04mg (2.2%), Vitamin D: 0.3µg (2%), Vitamin B1: 0.03mg (1.87%), Vitamin K: 1.41µg (1.35%), Vitamin B3: 0.26mg (1.3%)