



Cranberry Christmas rockies

 Vegetarian

READY IN



35 min.

SERVINGS



8

CALORIES



197 kcal

SIDE DISH

Ingredients

- ☐ 50 g butter unsalted
- ☐ 100 g self raising flour
- ☐ 1 tsp spice mixed
- ☐ 50 g g muscovado sugar light
- ☐ 85 g cranberries dried
- ☐ 1 small apples diced cored halved finely
- ☐ 1 eggs beaten
- ☐ 1 tbsp milk

☐ 8 servings powdered sugar

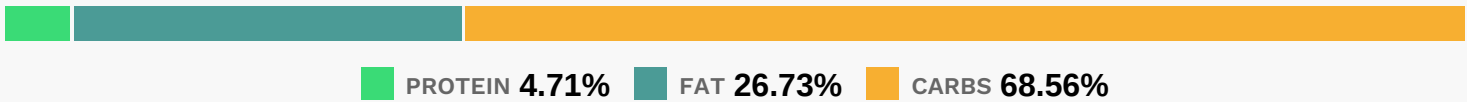
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 180C/fan 160C/gas 4 and lightly oil a non-stick baking sheet. Rub together the butter and flour with your fingertips to fine breadcrumbs (or pulse in a food processor). Stir in the rest of the ingredients until you have a soft dough.
- ☐ Drop 8 tbsp or 16 heaped tsp of the dough on to the baking sheet, spacing out well.
- ☐ Bake for 18-20 mins until golden.
- ☐ Transfer to a wire rack to cool and dust with plenty of icing sugar. Pack into an airtight container or gift jars.

Nutrition Facts



Properties

Glycemic Index:17.13, Glycemic Load:6.59, Inflammation Score:-1, Nutrition Score:2.6747826026834%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 197.06kcal (9.85%), Fat: 6.04g (9.29%), Saturated Fat: 3.48g (21.74%), Carbohydrates: 34.85g (11.62%), Net Carbohydrates: 33.51g (12.18%), Sugar: 23.71g (26.34%), Cholesterol: 34.12mg (11.37%), Sodium: 12.22mg (0.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.79%), Selenium: 6.96µg (9.94%), Manganese: 0.18mg (8.97%), Fiber: 1.35g (5.39%), Vitamin A: 199.88IU (4%), Vitamin E: 0.52mg (3.43%), Phosphorus: 29.85mg (2.99%), Vitamin B2: 0.05mg (2.77%), Copper: 0.04mg (2.21%), Iron: 0.37mg (2.07%), Vitamin B5: 0.2mg (1.96%), Folate: 7.58µg (1.89%), Calcium: 17.81mg (1.78%), Potassium: 59.67mg (1.7%), Vitamin K: 1.79µg (1.7%), Magnesium: 6.39mg (1.6%), Vitamin B6: 0.03mg (1.53%), Vitamin D: 0.22µg (1.5%), Zinc: 0.22mg (1.45%), Vitamin B1: 0.02mg (1.23%), Vitamin B12: 0.07µg (1.16%), Vitamin C: 0.94mg (1.14%), Vitamin B3: 0.22mg (1.11%)