



## Cranberry mince pies

 Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



244 kcal

DESSERT

### Ingredients

- ☐ 25 g powdered sugar
- ☐ 125 g butter chilled cubed
- ☐ 1 lemon zest finely grated
- ☐ 1 medium eggs beaten
- ☐ 400.5 g mincemeat
- ☐ 75 g cranberries dried
- ☐ 1 egg yolk with 1tsp water, to glaze beaten
- ☐ 12 servings powdered sugar

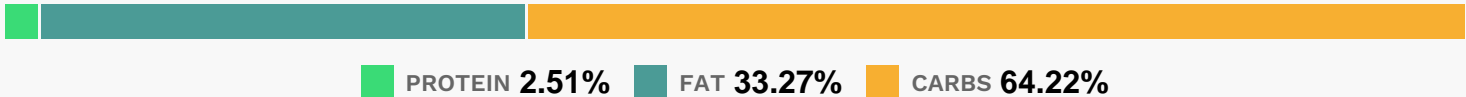
# Equipment

- ☐ oven
- ☐ knife
- ☐ wire rack

# Directions

- ☐ Whizz together the flour, icing sugar and butter until they form fine crumbs. With the blades running, add the zest, then the egg and process for a few secs until the mixture forms clumps. If you need to, work in a few trickles of ice cold water, but try and avoid it if you can for the shortest pastry.
- ☐ Tip onto a very lightly floured surface, knead briefly until smooth, then chill in the fridge for 30 mins or until firm. Can be made up to 3 days ahead or frozen for up to a month.
- ☐ Lightly dust the work surface with flour, then roll pastry out to approx 1 thickness.
- ☐ Cut out 12 x 8cm rounds with a fluted cutter and press into a 12-hole non-stick bun tin. Re-roll the trimmings to the same thickness and stamp out 12 x 5cm rounds for the tops. If you like, use a star cutter to cut out star shapes in the top of the pies, or simply cut crosses in the middle.
- ☐ Spoon about 1 dessertspoon mincemeat into each base, sprinkle with cranberries, then press on the tops. Chill for 20 mins while you heat oven to 190C/fan 170C/gas
- ☐ Can be frozen for up to 1 month at this point.
- ☐ Brush the tops with the egg, then bake for 15-20 mins until golden and crisp. Cool for a few mins, then lever out of the tins with a table knife and cool on a wire rack. Store in an airtight container for up to 1 week. Warm gently to serve, dusted with sifted icing sugar.

# Nutrition Facts



# Properties

Glycemic Index:4.17, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.415652172721%

# Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 244.26kcal (12.21%), Fat: 9.26g (14.25%), Saturated Fat: 5.62g (35.11%), Carbohydrates: 40.24g (13.41%), Net Carbohydrates: 39.08g (14.21%), Sugar: 36.94g (41.05%), Cholesterol: 52.24mg (17.41%), Sodium: 259.68mg (11.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.15%), Vitamin A: 301.99IU (6.04%), Fiber: 1.15g (4.61%), Selenium: 2.17µg (3.1%), Vitamin E: 0.45mg (3.01%), Vitamin B2: 0.03mg (1.9%), Phosphorus: 16.17mg (1.62%), Vitamin B12: 0.08µg (1.33%), Vitamin B5: 0.13mg (1.28%), Vitamin K: 1.23µg (1.17%), Folate: 4.29µg (1.07%), Vitamin D: 0.15µg (1.03%)