

# Cream Tea Cakes

 Dairy Free

READY IN



40 min.

SERVINGS



10

CALORIES



353 kcal

DESSERT

## Ingredients

- 4 tablespoons custard powder
- 1 eggs
- 1 cup butter
- 1 pinch salt
- 2.3 cups self-rising flour
- 0.8 cup sugar white

## Equipment

- oven

mixing bowl

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium-sized mixing bowl, beat margarine and sugar until very soft.
- Add beaten egg, custard powder, flour, and salt. Knead well on a floured surface.
- Roll out and cut with a plain biscuit cutter.
- Bake for 10 minutes or until pale brown.

## Nutrition Facts



**PROTEIN 5.09%** **FAT 49.47%** **CARBS 45.44%**

## Properties

Glycemic Index:13.71, Glycemic Load:23.69, Inflammation Score:-5, Nutrition Score:4.2234782492337%

## Nutrients (% of daily need)

Calories: 353.04kcal (17.65%), Fat: 19.59g (30.13%), Saturated Fat: 4.12g (25.73%), Carbohydrates: 40.47g (13.49%), Net Carbohydrates: 39.8g (14.47%), Sugar: 15.07g (16.75%), Cholesterol: 31.63mg (10.54%), Sodium: 241.52mg (10.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.07%), Selenium: 13.59µg (19.41%), Vitamin A: 849.14IU (16.98%), Manganese: 0.23mg (11.29%), Phosphorus: 60.85mg (6.09%), Vitamin E: 0.86mg (5.75%), Vitamin B2: 0.07mg (4.27%), Vitamin B5: 0.34mg (3.42%), Folate: 13.35µg (3.34%), Copper: 0.06mg (2.91%), Magnesium: 10.9mg (2.73%), Calcium: 27.13mg (2.71%), Fiber: 0.68g (2.7%), Iron: 0.45mg (2.51%), Zinc: 0.36mg (2.4%), Vitamin B1: 0.04mg (2.34%), Vitamin B12: 0.13µg (2.18%), Potassium: 75.97mg (2.17%), Vitamin B6: 0.03mg (1.64%), Vitamin B3: 0.31mg (1.54%)