



Custard & white chocolate biscuits

 Popular

READY IN



30 min.

SERVINGS



25

CALORIES



135 kcal

DESSERT

Ingredients

- ☐ 140 g butter softened
- ☐ 175 g caster sugar
- ☐ 1 eggs
- ☐ 0.5 tsp vanilla extract
- ☐ 225 g self-raising flour
- ☐ 85 g custard powder
- ☐ 85 g chocolate white chopped

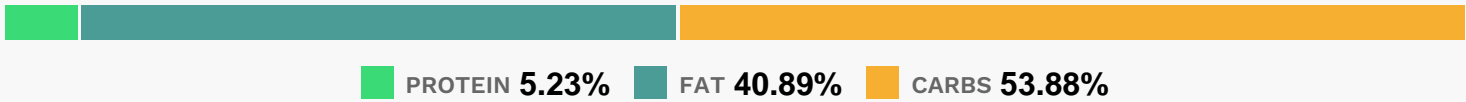
Equipment

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

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Line 2-3 baking sheets with baking parchment.
- ☐ Put the butter and sugar in a food processor and whizz until light and fluffy.
- ☐ Add the egg and vanilla, and mix well. Sift together the flour and custard powder, then tip into the bowl and pulse to mix into a dough. Scrape out the food processor and work the chocolate in by hand.
- ☐ Roll the dough into balls a little smaller than a walnut, then place on the baking sheets, a little apart to allow for spreading. Press each biscuit down lightly with your fingers.
- ☐ Bake for 12-15 mins until lightly golden.
- ☐ Remove and cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:10.28, Glycemic Load:10.52, Inflammation Score:-1, Nutrition Score:1.603043474257%

Nutrients (% of daily need)

Calories: 134.62kcal (6.73%), Fat: 6.19g (9.52%), Saturated Fat: 3.68g (23.03%), Carbohydrates: 18.35g (6.12%), Net Carbohydrates: 18.13g (6.59%), Sugar: 9.04g (10.04%), Cholesterol: 28.07mg (9.36%), Sodium: 51.38mg (2.23%), Alcohol: 0.03g (100%), Alcohol %: 0.12% (100%), Protein: 1.78g (3.56%), Selenium: 4.93µg (7.04%), Manganese: 0.07mg (3.66%), Vitamin A: 158.03IU (3.16%), Phosphorus: 30.84mg (3.08%), Vitamin B2: 0.04mg (2.37%), Calcium: 18.28mg (1.83%), Vitamin B5: 0.17mg (1.69%), Vitamin E: 0.22mg (1.45%), Vitamin B12: 0.08µg (1.4%), Folate: 5.22µg (1.31%), Potassium: 41.12mg (1.17%), Magnesium: 4.52mg (1.13%), Zinc: 0.17mg (1.11%), Copper: 0.02mg (1.09%), Iron: 0.19mg (1.06%), Vitamin B1: 0.02mg (1.02%)