



Easy mince pies with crunchy crumble tops

 Vegetarian

READY IN



47 min.

SERVINGS



15

CALORIES



260 kcal

DESSERT

Ingredients

- ☐ 300 g fruit mixed dried
- ☐ 200 g apricot preserves
- ☐ 25 ml brandy
- ☐ 200 g flour plain
- ☐ 100 g butter cut into cubes
- ☐ 1 egg yolk
- ☐ 100 g flour plain
- ☐ 25 g icing sugar for dusting

- ☐ 50 g butter cut into cubes
- ☐ 50 g almond whole roughly chopped

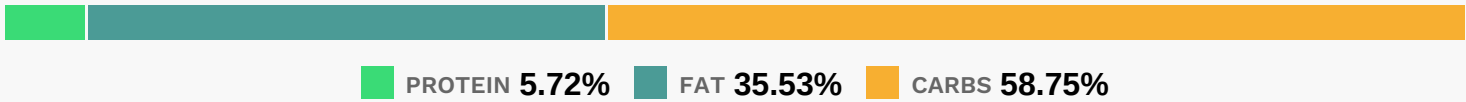
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ knife

Directions

- ☐ Put the dried fruit and jam in a small pan, heat until melted together, then stir in the brandy and cool.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ For the pastry, set aside 2 tbsp flour and put the rest plus the butter in a food processor. Whizz until there are no lumps of butter. Pulse in the egg yolk, followed by a tbsp of water at a time, until the dough comes together youll probably need 2 tbsp. (If you dont have a food processor, rub butter into the flour with your fingers, then stir in the yolk and water with a round-bladed knife.) Use the reserved flour to roll out the pastry to just over the thickness of a 1 coin. Stamp circles with an 8cm cutter and press into holes of a bun tin you should get 15 from re-rolling the trimmings.
- ☐ Divide the fruit amongst the pies, then bake for 5 mins while you rub together all the crumble ingredients with your fingers. Top each pie with crumble, then return to the oven for 15 mins until pastry and crumble are golden. Eat warm or cold dusted with icing sugar.

Nutrition Facts



Properties

Glycemic Index:20.4, Glycemic Load:14.43, Inflammation Score:-4, Nutrition Score:6.3443477723909%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin:

0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 260.12kcal (13.01%), Fat: 10.5g (16.15%), Saturated Fat: 5.44g (34.01%), Carbohydrates: 39.06g (13.02%), Net Carbohydrates: 36.1g (13.13%), Sugar: 17.21g (19.12%), Cholesterol: 34.46mg (11.49%), Sodium: 72.69mg (3.16%), Alcohol: 0.56g (100%), Alcohol %: 1% (100%), Protein: 3.8g (7.6%), Manganese: 0.32mg (16.05%), Vitamin B1: 0.18mg (12.24%), Fiber: 2.96g (11.83%), Selenium: 8.09µg (11.55%), Folate: 42.05µg (10.51%), Vitamin B2: 0.17mg (9.78%), Iron: 1.56mg (8.66%), Vitamin E: 1.22mg (8.12%), Vitamin B3: 1.43mg (7.17%), Magnesium: 27.79mg (6.95%), Copper: 0.14mg (6.76%), Vitamin A: 296.57IU (5.93%), Phosphorus: 58.58mg (5.86%), Potassium: 195.88mg (5.6%), Calcium: 51mg (5.1%), Vitamin K: 3.89µg (3.7%), Zinc: 0.42mg (2.81%), Vitamin B5: 0.24mg (2.4%), Vitamin B6: 0.04mg (2.09%), Vitamin C: 1.41mg (1.71%)