



Eccles Cakes

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



269 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 ounce candied citrus peel mixed
- ☐ 0.8 cup currants
- ☐ 1 egg white beaten
- ☐ 1 pound shortdough pastry
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.1 cup sugar white

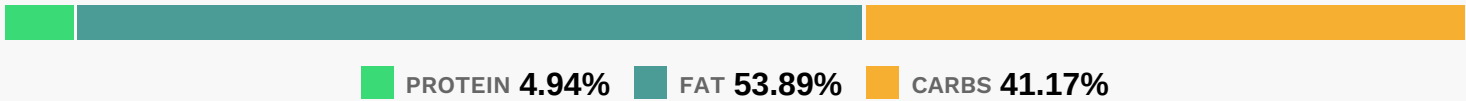
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ rolling pin

Directions

- ☐ In a medium saucepan, combine 1/3 cup sugar and 2 tablespoons butter. cook over medium heat until melted.
- ☐ Add currants, candied peel, nutmeg and allspice. Continue to cook until heated through.
- ☐ Remove from heat and allow to cool.
- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ On a lightly floured surface, roll out pastry to a thickness of 1/8 inch.
- ☐ Cut into 4 inch rounds.
- ☐ Place a small spoonful of filling onto center of each pastry circle, draw the edges together over the fruit and pinch to seal. Turn over, then press gently with a rolling pin to flatten the cakes.
- ☐ Make a small hole or 2 small slash marks in the center of each pastry.
- ☐ Brush with beaten egg white, and sprinkle with sugar. Arrange on cookie sheet.
- ☐ Bake in preheated oven for 15 minutes, or until lightly browned around edges.

Nutrition Facts



Properties

Glycemic Index:23.84, Glycemic Load:12.34, Inflammation Score:-2, Nutrition Score:4.2791303924244%

Nutrients (% of daily need)

Calories: 268.69kcal (13.43%), Fat: 16.36g (25.18%), Saturated Fat: 4.88g (30.47%), Carbohydrates: 28.13g (9.38%), Net Carbohydrates: 27.09g (9.85%), Sugar: 9.92g (11.02%), Cholesterol: 5.02mg (1.67%), Sodium: 119.56mg (5.2%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.76%), Selenium: 9.76µg (13.95%), Manganese: 0.23mg (11.73%), Vitamin B1: 0.17mg (11.03%), Vitamin B3: 1.73mg (8.64%), Vitamin B2: 0.13mg (7.77%), Folate: 30.65µg (7.66%), Iron: 1.15mg (6.4%), Vitamin K: 6.55µg (6.24%), Fiber: 1.04g (4.14%), Copper: 0.07mg (3.63%), Phosphorus: 32.91mg (3.29%), Potassium: 100.15mg (2.86%), Magnesium: 9.97mg (2.49%), Vitamin E: 0.27mg (1.79%), Vitamin B6: 0.04mg (1.75%), Zinc: 0.24mg (1.6%), Calcium: 13.59mg (1.36%), Vitamin A: 66.24IU (1.32%)