



## Fruity spiced swirls

 Vegetarian

READY IN



30 min.

SERVINGS



10

CALORIES



311 kcal

SIDE DISH

## Ingredients

- ☐ 1 tsp ground cinnamon
- ☐ 1 tsp ground nutmeg
- ☐ 3 tbsp little demerara sugar
- ☐ 4 tbsp butter soft
- ☐ 1 eating apple peeled finely chopped
- ☐ 85 g raisins
- ☐ 350 g self-raising flour
- ☐ 0.3 tsp salt

- ☐ 1 tsp double-acting baking powder
- ☐ 85 g butter cold cut into cubes
- ☐ 4 tbsp golden caster sugar
- ☐ 150 g pot natural full-fat yogurt
- ☐ 4 tbsp full-fat milk
- ☐ 1 tsp vanilla extract
- ☐ 1 eggs with 1 tbsp milk, to glaze beaten

## Equipment

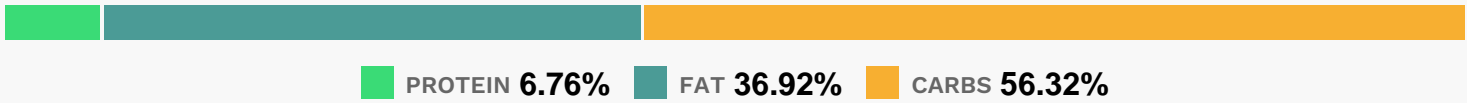
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ microwave

## Directions

- ☐ Beat tsp of each spice and 2 tbsp demerara into the butter, then stir in the apple and raisins.
- ☐ Mix the remaining spices in with the flour.
- ☐ Put the flour mixture, salt and baking powder into a food processor, then whizz in the butter until it disappears. Pulse in the sugar, tip into a large bowl, then make a well in the middle.  
Warm the yogurt, milk and vanilla together in the microwave for 1 min or in a pan; it should be hot and may well go a bit lumpy-looking. Tip into the bowl and quickly work into the flour mix using a cutlery knife. As soon as it's all in, stop.
- ☐ Put a flat baking sheet in the oven at 220C/200C fan/gas
- ☐ Turn the dough onto a floured surface, then roll to about 40 x 30cm.
- ☐ Spread with the fruity butter, then roll up from the long side, tucking the ends over neatly.
- ☐ Cut into 10 triangles.

Brush with egg wash and scatter with 1 tbsp demerara. Flour the baking sheet, then bake for14 mins until golden and risen. Eat warm, with more butter if you dare.

# Nutrition Facts



## Properties

Glycemic Index:51.98, Glycemic Load:21.1, Inflammation Score:-3, Nutrition Score:5.175652174846%

## Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

## Nutrients (% of daily need)

Calories: 311.31kcal (15.57%), Fat: 12.92g (19.88%), Saturated Fat: 7.88g (49.25%), Carbohydrates: 44.36g (14.79%), Net Carbohydrates: 42.32g (15.39%), Sugar: 11.35g (12.61%), Cholesterol: 33.17mg (11.06%), Sodium: 212.11mg (9.22%), Alcohol: 0.14g (100%), Alcohol %: 0.17% (100%), Protein: 5.32g (10.65%), Selenium: 14.6µg (20.86%), Manganese: 0.36mg (18.24%), Fiber: 2.04g (8.16%), Vitamin A: 390.61IU (7.81%), Phosphorus: 77.11mg (7.71%), Calcium: 72.32mg (7.23%), Copper: 0.1mg (5.09%), Potassium: 170.45mg (4.87%), Vitamin B2: 0.08mg (4.49%), Magnesium: 16.26mg (4.07%), Iron: 0.69mg (3.86%), Folate: 14.06µg (3.51%), Vitamin E: 0.52mg (3.47%), Vitamin B1: 0.05mg (3.33%), Zinc: 0.46mg (3.06%), Vitamin B5: 0.27mg (2.72%), Vitamin B3: 0.5mg (2.49%), Vitamin B6: 0.05mg (2.41%), Vitamin B12: 0.11µg (1.88%), Vitamin C: 1.39mg (1.68%), Vitamin K: 1.63µg (1.55%)