



## Gluten-free mince pies



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



131 kcal

DESSERT

## Ingredients

- ☐ 125 g butter unsalted diced chilled
- ☐ 1 tbsp powdered sugar
- ☐ 1 orange zest grated
- ☐ 200 g mincemeat gluten-free (we used Sainsbury's luxury mincemeat)
- ☐ 25 g almond flour
- ☐ 25 g almonds flaked
- ☐ 1 pinch ground cinnamon
- ☐ 25 g butter unsalted melted

☐ 25 g brown sugar light soft

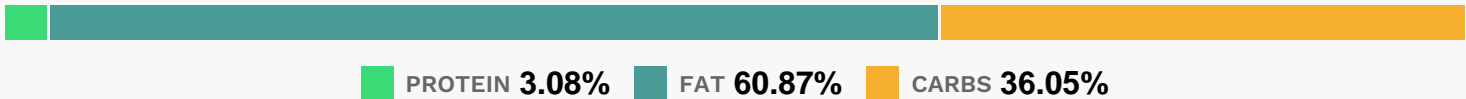
## Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ muffin tray

## Directions

- ☐ To make the pastry, rub the butter into the flour until the mixture resembles fine breadcrumbs.
- ☐ Add the icing sugar and orange zest. Spoon in 4 tbsp water, mixing with a knife until the dough starts to come together. Knead lightly, flatten into a disc, wrap in cling film and chill for at least 30 mins.
- ☐ Heat oven to 180C/fan 160C/gas
- ☐ On a lightly floured work surface, roll the pastry out to a 2–3mm thickness. Using a 9–10cm fluted cutter, stamp out discs from the pastry. Re-roll any trimmings and stamp out more discs until the pastry is used up. Line two 8-hole muffin tins with the pastry discs, then fill each pastry shell with 1 heaped tsp mincemeat and spread out to smooth. Can be frozen, uncooked, in trays for up to 1 month.
- ☐ Combine the crumble ingredients in a small bowl, then sprinkle a little over the top of each mince pie.
- ☐ Bake on the middle shelf of the oven for about 20 mins until the pastry is cooked and golden brown. Cool in the tins for 5 mins, then serve with brandy butter or crme frache.

## Nutrition Facts



## Properties

Glycemic Index:0.94, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:1.1234782681517%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 131.48kcal (6.57%), Fat: 9.16g (14.09%), Saturated Fat: 4.93g (30.81%), Carbohydrates: 12.2g (4.07%), Net Carbohydrates: 11.47g (4.17%), Sugar: 10.56g (11.73%), Cholesterol: 20.16mg (6.72%), Sodium: 71.27mg (3.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.09%), Vitamin A: 237.48IU (4.75%), Vitamin E: 0.62mg (4.13%), Fiber: 0.73g (2.94%), Manganese: 0.04mg (1.96%), Vitamin B2: 0.02mg (1.28%), Vitamin C: 1.02mg (1.24%), Calcium: 12.37mg (1.24%), Magnesium: 4.72mg (1.18%)