



## Golden orange & walnut flapjacks

 Vegetarian  Gluten Free  Low Fod Map

READY IN



55 min.

SERVINGS



12

CALORIES



450 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 250 g butter unsalted chopped
- 250 g brown sugar
- 175 g golden syrup
- 425 g oats
- 50 g walnut pieces
- 1 large orange zest finely grated
- 3 tbsp orange marmalade

### Equipment

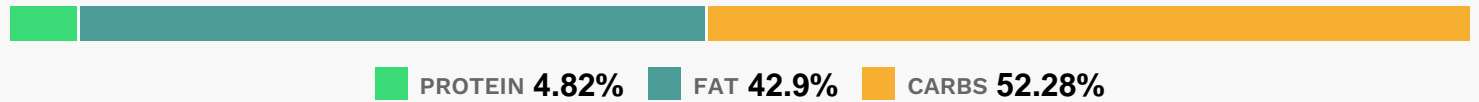
oven

knife

## Directions

- Preheat the oven to 180C/gas 4/fan 160C and generously butter a 28 x 18cm shallow baking tin. Melt the butter, sugar and syrup over a medium heat, stirring all the time. Take off the heat and stir in the oats, walnuts and orange zest. The mixture should be quite soft.
- Tip the mixture into the baking tin and level it off.
- Bake for around 30 minutes or until the edges are golden brown but the centre is still a little soft.
- Remove from the oven and mark into 12 pieces while it is still warm, cutting down halfway through the mixture with a sharp knife. Leave to cool.
- Heat the marmalade with 1 tbsp water until it becomes syrupy.
- Brush this glaze over the flapjack mixture and leave to cool before cutting into 12 pieces. They will keep in an airtight tin for up to a week.

## Nutrition Facts



## Properties

Glycemic Index:10.25, Glycemic Load:15.5, Inflammation Score:-5, Nutrition Score:9.9408696345661%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

## Nutrients (% of daily need)

Calories: 449.96kcal (22.5%), Fat: 21.93g (33.73%), Saturated Fat: 11.35g (70.94%), Carbohydrates: 60.11g (20.04%), Net Carbohydrates: 56.12g (20.41%), Sugar: 35.23g (39.15%), Cholesterol: 44.79mg (14.93%), Sodium: 13.16mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.54g (11.08%), Manganese: 1.44mg (72.15%), Phosphorus: 165.87mg (16.59%), Fiber: 4g (15.99%), Selenium: 10.94µg (15.63%), Magnesium: 58.07mg (14.52%), Vitamin B1: 0.18mg (11.97%), Copper: 0.22mg (11.16%), Vitamin A: 528.76IU (10.58%), Iron: 1.79mg (9.97%), Zinc: 1.45mg (9.65%), Potassium: 183.26mg (5.24%), Calcium: 48.3mg (4.83%), Vitamin B5: 0.48mg (4.76%), Vitamin E: 0.67mg (4.45%), Folate: 17µg (4.25%), Vitamin B2: 0.07mg (4.14%), Vitamin B6: 0.07mg (3.48%), Vitamin B3: 0.49mg (2.43%), Vitamin K: 2.28µg (2.17%), Vitamin D: 0.31µg (2.08%), Vitamin C: 1.65mg (2.01%)