



Gooseberry & hazelnut slices

 Vegetarian

READY IN



75 min.

SERVINGS



16

CALORIES



408 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 servings butter for the tin
- ☐ 320 g sheets pastry crust chilled
- ☐ 400 g gooseberry
- ☐ 3 tbsp elderflower cordial
- ☐ 25 g cornflour
- ☐ 140 g caster sugar
- ☐ 200 g butter soft
- ☐ 200 g caster sugar

- ☐ 100 g ground hazelnut
- ☐ 100 g self-raising flour
- ☐ 1 tsp double-acting baking powder
- ☐ 4 large eggs beaten
- ☐ 100 g icing sugar sifted
- ☐ 1 tbsp elderflower cordial
- ☐ 50 g hazelnut toasted chopped

Equipment

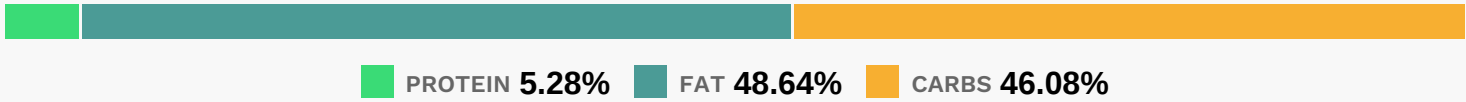
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Grease the base and sides of a deep 20 x 30cm tin. Unroll the pastry sheet and use it to line the tin, pressing into the base and sides. Line with baking parchment and baking beans, then bake blind for 15 mins.
- ☐ Remove the paper and beans, then bake for 5 mins more. Reduce oven to 180C/160C fan/gas
- ☐ Meanwhile, put the gooseberries in a pan with the elderflower cordial, if using, and 3 tbsp water. If you're not using the cordial, use 6 tbsp water. Cover and cook for 5 mins until the berries start to break down.
- ☐ Mix the cornflour and sugar together, then add to the gooseberry mixture and stir continuously until thickened.
- ☐ Spread evenly over the pastry.
- ☐ Put all the ingredients for the sponge in a large bowl and beat with an electric whisk until smooth.
- ☐ Spread evenly over the gooseberry mixture and bake for 25 mins until golden and firm to the touch. Cool in the tin.

- ☐
- To decorate, mix the icing sugar with the cordial or water to make a smooth icing.
- ☐
- Drizzle over the cake and scatter over the nuts. Leave until set, then cut into fingers.

Nutrition Facts



Properties

Glycemic Index:30.14, Glycemic Load:22.02, Inflammation Score:-5, Nutrition Score:8.7526087294454%

Flavonoids

Cyanidin: 2.81mg, Cyanidin: 2.81mg, Cyanidin: 2.81mg, Cyanidin: 2.81mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

Nutrients (% of daily need)

Calories: 407.82kcal (20.39%), Fat: 22.6g (34.77%), Saturated Fat: 10.12g (63.27%), Carbohydrates: 48.17g (16.06%), Net Carbohydrates: 45.64g (16.6%), Sugar: 27.84g (30.93%), Cholesterol: 84.13mg (28.04%), Sodium: 258.2mg (11.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.52g (11.05%), Manganese: 0.77mg (38.25%), Selenium: 11.74µg (16.77%), Vitamin E: 2.08mg (13.85%), Vitamin B1: 0.19mg (12.62%), Vitamin A: 579.33IU (11.59%), Copper: 0.22mg (11.1%), Fiber: 2.53g (10.12%), Folate: 38.16µg (9.54%), Vitamin B2: 0.16mg (9.31%), Vitamin C: 7.52mg (9.11%), Phosphorus: 90.45mg (9.05%), Iron: 1.49mg (8.29%), Magnesium: 24.32mg (6.08%), Vitamin B3: 1.14mg (5.69%), Vitamin B6: 0.1mg (5.14%), Calcium: 48.47mg (4.85%), Vitamin B5: 0.46mg (4.56%), Potassium: 156.4mg (4.47%), Zinc: 0.59mg (3.94%), Vitamin K: 3.11µg (2.96%), Vitamin B12: 0.14µg (2.35%), Vitamin D: 0.25µg (1.67%)