

Irish Barmbrack



Vegetarian



Dairy Free

READY IN



315 min.

SERVINGS



8

CALORIES



329 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 2.5 cups fruit mixed dried chopped
- ☐ 1 eggs
- ☐ 2.5 cups flour
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.3 cup lemon marmalade
- ☐ 1 teaspoon orange zest grated

- ☐ 1.5 cups sugar
- ☐ 1.5 cups freshly tea hot brewed

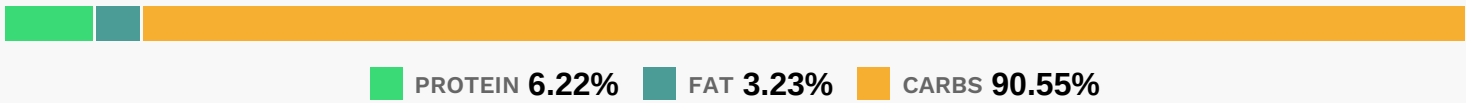
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ kugelhopf pan

Directions

- ☐ Soak the dried fruit in the hot tea for 2 hours, then drain and gently squeeze out excess tea.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9 inch Bundt pan. Stir together the flour cinnamon, nutmeg, and baking soda; set aside.
- ☐ Beat the egg, sugar, marmalade, orange zest, and tea-soaked fruit until well combined. Gently fold in the flour until just combined, then pour into the prepared Bundt pan.
- ☐ Bake in preheated oven for 1 hour or until the top of the cake springs back when lightly pressed. Allow to cool in the pan for 2 hours before removing. Continue to cool to room temperature on a wire rack. Press the objects of choice into the cake through the bottom before serving.

Nutrition Facts



Properties

Glycemic Index:34.57, Glycemic Load:49.98, Inflammation Score:-5, Nutrition Score:7.8230434785718%

Flavonoids

Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 3.56mg, Epigallocatechin: 3.56mg, Epigallocatechin: 3.56mg, Epigallocatechin: 3.56mg Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg Epicatechin 3-gallate: 2.59mg, Epicatechin 3-gallate: 2.59mg, Epicatechin 3-gallate: 2.59mg, Epicatechin 3-gallate: 2.59mg Epigallocatechin 3-gallate: 4.14mg, Epigallocatechin 3-gallate: 4.14mg, Epigallocatechin 3-gallate: 4.14mg, Epigallocatechin 3-gallate: 4.14mg Theaflavin: 0.7mg, Theaflavin: 0.7mg, Theaflavin: 0.7mg, Theaflavin: 0.7mg Thearubigins: 35.98mg, Thearubigins: 35.98mg, Thearubigins: 35.98mg, Thearubigins: 35.98mg

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Nutrients (% of daily need)

Calories: 329.43kcal (16.47%), Fat: 1.21g (1.86%), Saturated Fat: 0.29g (1.8%), Carbohydrates: 76.26g (25.42%), Net Carbohydrates: 73.61g (26.77%), Sugar: 43.74g (48.61%), Cholesterol: 20.46mg (6.82%), Sodium: 80.13mg (3.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.85mg (2.95%), Protein: 5.23g (10.47%), Manganese: 0.48mg (23.97%), Selenium: 15.27µg (21.81%), Vitamin B1: 0.32mg (21.53%), Folate: 78.32µg (19.58%), Vitamin B2: 0.24mg (14.32%), Iron: 2.26mg (12.54%), Vitamin B3: 2.4mg (12.01%), Fiber: 2.65g (10.6%), Phosphorus: 63.43mg (6.34%), Copper: 0.11mg (5.4%), Magnesium: 20.05mg (5.01%), Vitamin C: 4.01mg (4.87%), Potassium: 162.7mg (4.65%), Calcium: 34.42mg (3.44%), Vitamin B5: 0.33mg (3.29%), Zinc: 0.45mg (3.01%), Vitamin B6: 0.05mg (2.31%), Vitamin K: 2.16µg (2.06%)