



Irish Tea Brack



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



224 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup apricots dried chopped
- ☐ 0.5 cup peaches dried chopped
- ☐ 1 eggs beaten
- ☐ 1 tablespoon orange marmalade
- ☐ 0.5 cup prune- cut to pieces dried chopped
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 1.8 cups self-rising flour
- ☐ 1 cup sugar

☐ 1 cup strong tea hot

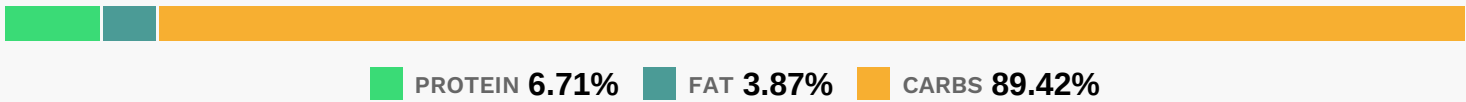
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Combine dried fruit and tea in a large bowl; cover and let stand overnight.
- ☐ Add next 3 ingredients to fruit mixture; stir well. Gradually add flour, mixing well.
- ☐ Spoon batter into a greased 9- inch square pan.
- ☐ Bake at 350 for 35 minutes or until a wooden pick inserted in center comes out clean.
- ☐ Cut into squares.
- ☐ Serve with butter, if desired.

Nutrition Facts



Properties

Glycemic Index:19.95, Glycemic Load:26.87, Inflammation Score:-5, Nutrition Score:4.9143478896307%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 1.9mg, Epigallocatechin: 1.9mg, Epigallocatechin: 1.9mg, Epigallocatechin: 1.9mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 1.38mg, Epicatechin 3-gallate: 1.38mg, Epicatechin 3-gallate: 1.38mg, Epicatechin 3-gallate: 1.38mg Epigallocatechin 3-gallate: 2.21mg, Epigallocatechin 3-gallate: 2.21mg, Epigallocatechin 3-gallate: 2.21mg, Epigallocatechin 3-gallate: 2.21mg Theaflavin: 0.37mg, Theaflavin: 0.37mg, Theaflavin: 0.37mg, Theaflavin: 0.37mg Thearubigins: 19.19mg, Thearubigins: 19.19mg, Thearubigins: 19.19mg, Thearubigins: 19.19mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg Theaflavin-3,3'-digallate: 0.41mg, Theaflavin-3,3'-digallate: 0.41mg, Theaflavin-3,3'-digallate: 0.41mg, Theaflavin-3,3'-digallate: 0.41mg Theaflavin-3'-gallate: 0.36mg, Theaflavin-3'-gallate: 0.36mg, Theaflavin-3'-gallate: 0.36mg, Theaflavin-3'-gallate: 0.36mg

Theaflavin-3'-gallate: 0.36mg Gallocatechin: 0.29mg, Gallocatechin: 0.29mg, Gallocatechin: 0.29mg, Gallocatechin: 0.29mg

Nutrients (% of daily need)

Calories: 223.77kcal (11.19%), Fat: 1g (1.54%), Saturated Fat: 0.22g (1.37%), Carbohydrates: 51.89g (17.3%), Net Carbohydrates: 49.57g (18.02%), Sugar: 31.38g (34.87%), Cholesterol: 16.37mg (5.46%), Sodium: 10.2mg (0.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.72mg (1.57%), Protein: 3.89g (7.78%), Manganese: 0.32mg (16.24%), Selenium: 10.39µg (14.85%), Vitamin A: 501.21IU (10.02%), Fiber: 2.32g (9.27%), Potassium: 257.91mg (7.37%), Vitamin K: 6.77µg (6.45%), Copper: 0.13mg (6.27%), Phosphorus: 50.62mg (5.06%), Iron: 0.91mg (5.05%), Vitamin B2: 0.08mg (4.65%), Vitamin B3: 0.91mg (4.55%), Magnesium: 16.02mg (4.01%), Vitamin E: 0.47mg (3.15%), Folate: 11.69µg (2.92%), Vitamin B5: 0.28mg (2.82%), Vitamin B6: 0.05mg (2.46%), Zinc: 0.36mg (2.43%), Calcium: 17.63mg (1.76%), Vitamin B1: 0.03mg (1.68%)