

 100%
HEALTH SCORE

Jewelled mincemeat

 Vegetarian Vegan Gluten Free Dairy Free Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



4090 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 kg cooking apple
- ☐ 1 tsp ground spice mixed
- ☐ 1 tsp ground cinnamon
- ☐ 350 g muscovado sugar light
- ☐ 3 orange zest
- ☐ 1 lemon zest juiced
- ☐ 350 g cranberry fresh
- ☐ 100 g raisin

- ☐ 300 ml brandy
- ☐ 100 g apricots dried chopped
- ☐ 175 g nut mixed toasted chopped (such as brazils, pecans, almonds and hazelnuts)
- ☐ 250 g tropical fruit dried chopped (such as pineapple, papaya, etc)

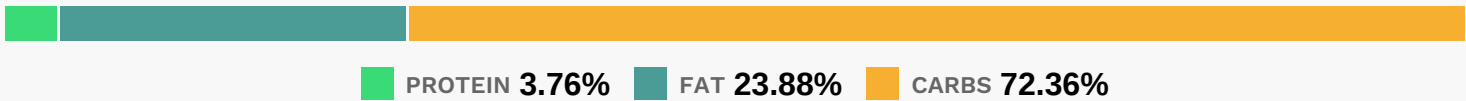
Equipment

- ☐ frying pan

Directions

- ☐ Peel, core and chop the apples, then put them in a large pan with the spices, sugar, citrus zests and juices. Bring to the boil then cover and simmer for about 10 mins until the apples start to soften.
- ☐ Add the cranberries, raisins and alcohol. Bring to the boil, stirring well, then reduce the heat and simmer for 20–30 mins, uncovered, until thickened. Stir in the apricots, nuts and tropical fruits.
- ☐ Remove from the heat, leave to cool, then pack into sterilised jars. Seal, label and keep for up to one month in the fridge, or six months in the freezer.

Nutrition Facts



Properties

Glycemic Index:204.2, Glycemic Load:113.38, Inflammation Score:-10, Nutrition Score:70.900869618291%

Flavonoids

Cyanidin: 189.95mg, Cyanidin: 189.95mg, Cyanidin: 189.95mg, Cyanidin: 189.95mg Delphinidin: 26.84mg, Delphinidin: 26.84mg, Delphinidin: 26.84mg, Delphinidin: 26.84mg Malvidin: 1.72mg, Malvidin: 1.72mg, Malvidin: 1.72mg, Malvidin: 1.72mg Pelargonidin: 1.12mg, Pelargonidin: 1.12mg, Pelargonidin: 1.12mg, Pelargonidin: 1.12mg Peonidin: 172.26mg, Peonidin: 172.26mg, Peonidin: 172.26mg, Peonidin: 172.26mg Catechin: 18.79mg, Catechin: 18.79mg, Catechin: 18.79mg, Catechin: 18.79mg Epigallocatechin: 10.06mg, Epigallocatechin: 10.06mg, Epigallocatechin: 10.06mg, Epigallocatechin: 10.06mg Epicatechin: 92.65mg, Epicatechin: 92.65mg, Epicatechin: 92.65mg, Epicatechin: 92.65mg Epicatechin 3–gallate: 0.1mg, Epicatechin 3–gallate: 0.1mg, Epicatechin 3–gallate: 0.1mg, Epicatechin 3–gallate: 0.1mg Epigallocatechin 3–gallate: 7.15mg, Epigallocatechin 3–gallate: 7.15mg, Epigallocatechin 3–gallate: 7.15mg, Epigallocatechin 3–gallate: 7.15mg Hesperetin: 1.22mg, Hesperetin: 1.22mg, Hesperetin: 1.22mg, Hesperetin: 1.22mg

Hesperetin: 1.22mg, Hesperetin: 1.22mg Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg Myricetin: 23.24mg, Myricetin: 23.24mg, Myricetin: 23.24mg, Myricetin: 23.24mg Quercetin: 92.16mg, Quercetin: 92.16mg, Quercetin: 92.16mg, Quercetin: 92.16mg

Nutrients (% of daily need)

Calories: 4090.05kcal (204.5%), Fat: 110.23g (169.58%), Saturated Fat: 8.48g (53.02%), Carbohydrates: 751.62g (250.54%), Net Carbohydrates: 673.82g (245.03%), Sugar: 550.95g (612.16%), Cholesterol: 0mg (0%), Sodium: 183.46mg (7.98%), Alcohol: 31.35g (100%), Alcohol %: 1.48% (100%), Protein: 39g (78%), Manganese: 14.34mg (716.84%), Fiber: 77.8g (311.21%), Vitamin E: 37.2mg (248.03%), Copper: 4.54mg (227.12%), Vitamin C: 175.19mg (212.35%), Potassium: 5539.46mg (158.27%), Magnesium: 505.78mg (126.45%), Vitamin B6: 2.35mg (117.36%), Iron: 20.51mg (113.93%), Vitamin A: 5311.09IU (106.22%), Vitamin B1: 1.56mg (103.96%), Phosphorus: 913.08mg (91.31%), Calcium: 806.58mg (80.66%), Vitamin K: 81.55µg (77.66%), Folate: 268.01µg (67%), Vitamin B2: 0.93mg (54.73%), Vitamin B3: 10.24mg (51.19%), Vitamin B5: 4.72mg (47.16%), Zinc: 6.47mg (43.12%), Selenium: 12.52µg (17.89%)