



## Little frosty Christmas cakes



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



661 kcal

DESSERT

## Ingredients

- ☐ 8 servings butter for greasing
- ☐ 1 quantity easy apple fruit cake uncooked (see link below)
- ☐ 2 tbsp apricot preserves
- ☐ 500 g pack natural marzipan
- ☐ 500 g pack ready-to-roll icing white
- ☐ 16 cranberries fresh
- ☐ 1 bunch rosemary
- ☐ 50 g caster sugar

- ☐ 1 egg white
- ☐ 50 g icing sugar
- ☐ 8 servings approx 1m gold ribbon

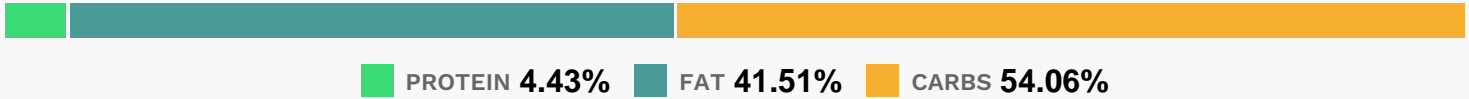
## Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ ramekin
- ☐ rolling pin
- ☐ serrated knife

## Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Butter eight 150ml ramekins and line the bottoms with circles of non-stick baking paper. Divide the cake mix between the ramekins, transfer to a baking sheet and slide into the oven.
- ☐ Bake for 30 mins until springy and dark golden brown. Leave until cool enough to handle, then run a round-edged knife around the edge of the each cake. Turn out and cool completely on a rack.
- ☐ If the cakes have risen into peaks, make flat by slicing the tops off with a serrated knife. Melt the jam with 1 tbsp water and brush over the top of the cakes. Lightly knead the marzipan and shape eight golf ball-sized balls. (You will have some left over wrap up well for another time.) Using a rolling pin, gently roll the balls into flat circles, approx 1cm thick and the same diameter as the cakes. Sit the marzipan on the jammy side of the cakes. Do the same with the icing, brushing the marzipan with a little cooled, boiled water to help it stick.
- ☐ Beat the egg white until just frothy and broken up.
- ☐ Spread the caster sugar over a plate. Dip the cranberries and rosemary in the egg white, shake off the excess and roll in the caster sugar to create a frosty effect. Leave to dry for 15 mins. Tip away all but 2 tsp of the egg white and mix with the icing sugar to create a thick paste. Use to fix two cranberries and a sprig of rosemary to the top of each cake. Decorate with gold ribbon. The cakes will keep in an airtight container for up to a week.

# Nutrition Facts



## Properties

Glycemic Index:45.23, Glycemic Load:22.85, Inflammation Score:-5, Nutrition Score:11.486086895284%

## Flavonoids

Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.98mg, Peonidin: 0.98mg, Peonidin: 0.98mg, Peonidin: 0.98mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 660.54kcal (33.03%), Fat: 30.82g (47.42%), Saturated Fat: 5.76g (35.99%), Carbohydrates: 90.32g (30.11%), Net Carbohydrates: 88.22g (32.08%), Sugar: 79.14g (87.93%), Cholesterol: 10.75mg (3.58%), Sodium: 176.49mg (7.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.4g (14.81%), Vitamin E: 8.61mg (57.37%), Manganese: 0.95mg (47.69%), Vitamin B2: 0.43mg (25.35%), Magnesium: 89.74mg (22.43%), Phosphorus: 164.13mg (16.41%), Copper: 0.29mg (14.58%), Vitamin B3: 2.3mg (11.52%), Folate: 43.8µg (10.95%), Fiber: 2.1g (8.38%), Vitamin K: 8.59µg (8.18%), Iron: 1.41mg (7.84%), Zinc: 1mg (6.69%), Potassium: 209.61mg (5.99%), Vitamin B1: 0.08mg (5.18%), Calcium: 44.98mg (4.5%), Vitamin A: 152.15IU (3.04%), Vitamin B5: 0.24mg (2.44%), Selenium: 1.68µg (2.4%), Vitamin B6: 0.03mg (1.74%), Vitamin C: 1.07mg (1.3%)