



Little mince pie cakes

READY IN



33 min.

SERVINGS



12

CALORIES



242 kcal

DESSERT

Ingredients

- ☐ 175 g self raising flour
- ☐ 100 g g muscovado sugar light
- ☐ 1 tsp spice mixed
- ☐ 175 g butter softened
- ☐ 3 eggs
- ☐ 2 tbsp milk
- ☐ 140 g mincemeat

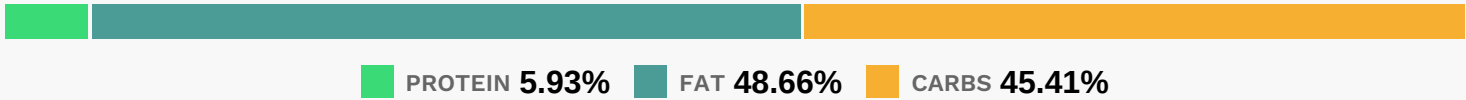
Equipment

- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wooden spoon

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Line 12 bun tins with paper cases.
- ☐ Put the flour, sugar, spice, butter, eggs and milk into a mixing bowl and beat with an electric hand whisk or wooden spoon for 2–3 mins, until the mix is light and fluffy.
- ☐ Put a spoonful of cake mix in each case, then a rounded tsp of mincemeat. Cover the mincemeat with a spoonful of cake mix and smooth.
- ☐ Bake for 15–18 mins until golden brown and firm. Dust with icing sugar and serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:12.92, Glycemic Load:6.9, Inflammation Score:-2, Nutrition Score:3.0213043347973%

Nutrients (% of daily need)

Calories: 241.91kcal (12.1%), Fat: 13.22g (20.33%), Saturated Fat: 7.93g (49.58%), Carbohydrates: 27.75g (9.25%), Net Carbohydrates: 27.11g (9.86%), Sugar: 16.17g (17.97%), Cholesterol: 72.57mg (24.19%), Sodium: 178.15mg (7.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.25%), Selenium: 9.48µg (13.54%), Vitamin A: 428.61IU (8.57%), Manganese: 0.15mg (7.52%), Phosphorus: 42.48mg (4.25%), Vitamin B2: 0.07mg (3.98%), Vitamin E: 0.52mg (3.44%), Vitamin B5: 0.27mg (2.69%), Folate: 10.54µg (2.64%), Fiber: 0.64g (2.57%), Iron: 0.42mg (2.33%), Calcium: 22.98mg (2.3%), Vitamin B12: 0.14µg (2.27%), Zinc: 0.3mg (1.97%), Copper: 0.04mg (1.96%), Vitamin D: 0.25µg (1.65%), Magnesium: 6.53mg (1.63%), Vitamin B6: 0.03mg (1.51%), Potassium: 49.2mg (1.41%), Vitamin B1: 0.02mg (1.23%), Vitamin K: 1.15µg (1.1%)