

Marmalade bar

READY IN



80 min.

SERVINGS



10

CALORIES



284 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 200 g self raising flour
- ☐ 1 tsp spice mixed
- ☐ 100 g brown sugar
- ☐ 1 orange zest
- ☐ 0.5 lemon zest
- ☐ 100 g fruit mixed dried
- ☐ 140 g butter
- ☐ 5 tbsp jam
- ☐ 125 ml milk

- ☐ 1 tsp citrus champagne vinegar
- ☐ 2 tbsp powdered sugar
- ☐ 1 tbsp little demerara sugar

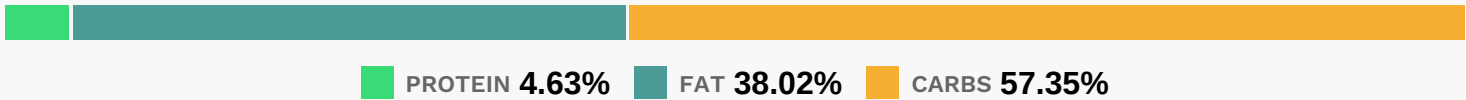
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ skewers

Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ Line a 900g/ 2lb loaf tin with greaseproof paper.
- ☐ Place the flour, mixed spice, caster sugar, zests, dried fruit and a pinch of salt into a large bowl.
- ☐ Melt the butter and 2 tbsp marmalade in a saucepan, then stir in the milk.
- ☐ Pour liquid into the dry ingredients, add the white wine vinegar and mix well.
- ☐ Pour the cake mixture into the lined loaf tin and bake for 1 hr, or until an inserted skewer comes out clean.
- ☐ Meanwhile, make the glaze by heating the remaining marmalade with 2 tbsp water and the icing sugar until bubbling and syrupy. When the cake is cooked remove it from the oven, pour over the marmalade glaze, then sprinkle with demerara sugar. Leave to cool in the tin.

Nutrition Facts



Properties

Glycemic Index:24.1, Glycemic Load:15.04, Inflammation Score:-3, Nutrition Score:4.0000000492386%

Nutrients (% of daily need)

Calories: 284.11kcal (14.21%), Fat: 12.23g (18.81%), Saturated Fat: 7.51g (46.96%), Carbohydrates: 41.49g (13.83%), Net Carbohydrates: 39.73g (14.45%), Sugar: 22.81g (25.35%), Cholesterol: 31.65mg (10.55%), Sodium: 102.58mg (4.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.7%), Manganese: 0.25mg (12.64%), Selenium: 8.75µg (12.5%), Vitamin A: 377.86IU (7.56%), Fiber: 1.76g (7.03%), Calcium: 52.6mg (5.26%), Phosphorus: 45.36mg (4.54%), Copper: 0.08mg (4.13%), Potassium: 136.62mg (3.9%), Magnesium: 15.55mg (3.89%), Vitamin C: 3.07mg (3.72%), Iron: 0.56mg (3.14%), Vitamin E: 0.47mg (3.11%), Vitamin B2: 0.05mg (3.07%), Vitamin K: 2.7µg (2.57%), Vitamin B1: 0.04mg (2.39%), Folate: 9.57µg (2.39%), Vitamin B5: 0.22mg (2.17%), Zinc: 0.32mg (2.13%), Vitamin B6: 0.04mg (1.79%), Vitamin B3: 0.31mg (1.56%), Vitamin B12: 0.09µg (1.56%)