



Mrs. White's Treacle Pie

 Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



609 kcal

DESSERT

Ingredients

- 7 oz flour plain
- 3 oz breadcrumbs fresh white
- 8 oz golden syrup
- 1 juice of lemon grated
- 4 oz cake mix cubed
- 4 servings pastry crust
- 2 tablespoons water very cold

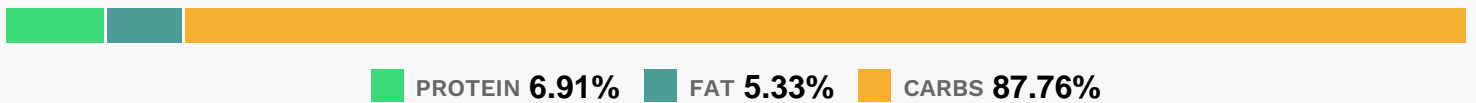
Equipment

- baking sheet
- sauce pan
- oven
- baking pan

Directions

- Roll out the pastry on a lightly floured surface to a thickness of 1/8in/3mm and use to line a 8in/20cm pie tin. Trim off any overhanging pastry and chill for 20 minutes. Reserve the pastry trimmings for the top.
- Preheat the oven to 400°F/200°C.
- Place a baking tray in the oven to heat.
- Place the golden syrup in a saucepan and heat through.
- Remove from the heat and stir in the breadcrumbs, lemon zest and lemon juice.
- Spread the mixture evenly into the pastry case.
- Roll out the reserved trimmings and cut into 10–12 strips. Twist the strips into spirals and then lay half of them over the pie filling. Arrange the remaining strips at right angles to the first strips to form a lattice. Press the ends of the strips on to the rim of the pastry case.
- Place the pie on the hot baking sheet and bake for 10 minutes. Lower the temperature of the oven to 375°F/190°C and bake for a further 15 minutes.
- Serve warm with custard.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:59.34, Inflammation Score:-5, Nutrition Score:14.290434609694%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 608.8kcal (30.44%), Fat: 3.56g (5.48%), Saturated Fat: 1.07g (6.71%), Carbohydrates: 131.95g (43.98%), Net Carbohydrates: 128.93g (46.88%), Sugar: 58.86g (65.4%), Cholesterol: 0mg (0%), Sodium: 455.24mg (19.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.39g (20.78%), Vitamin B1: 0.77mg (51.01%), Selenium: 27.46µg (39.23%), Folate: 151.04µg (37.76%), Manganese: 0.68mg (33.96%), Vitamin B3: 5.78mg (28.88%), Vitamin B2: 0.46mg (27.19%), Iron: 4.53mg (25.19%), Phosphorus: 191.4mg (19.14%), Fiber: 3.02g (12.08%), Calcium: 108.93mg (10.89%), Copper: 0.17mg (8.38%), Magnesium: 26.27mg (6.57%), Zinc: 0.83mg (5.53%), Vitamin B5: 0.51mg (5.05%), Vitamin B6: 0.08mg (3.93%), Potassium: 129.87mg (3.71%), Vitamin C: 2.9mg (3.52%), Vitamin K: 2.85µg (2.71%), Vitamin E: 0.33mg (2.23%), Vitamin B12: 0.1µg (1.71%)