



Nutty, fruity, festive muffin tarts

 Vegetarian

READY IN



90 min.

SERVINGS



24

CALORIES



378 kcal

DESSERT

Ingredients

- ☐ 450 g flour plain
- ☐ 250 g butter salted cut into small pieces
- ☐ 25 g ground almond
- ☐ 50 g golden caster sugar
- ☐ 1 egg yolk beaten
- ☐ 300 g ground almond
- ☐ 250 g golden caster sugar
- ☐ 100 g currant

- ☐ 100 g sultana
- ☐ 50 g almond flaked
- ☐ 2 tsp cinnamon
- ☐ 1 tsp nutmeg
- ☐ 1 tsp spice mixed
- ☐ 200 g butter
- ☐ 4 eggs beaten
- ☐ 1 lemon zest finely grated
- ☐ 1 orange zest finely grated

Equipment

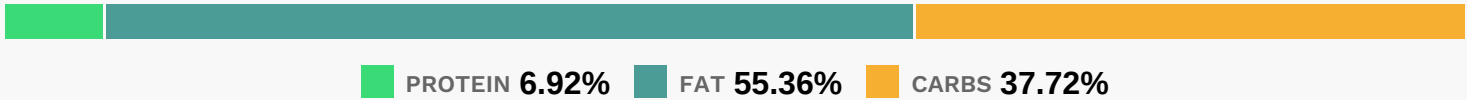
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ microwave
- ☐ muffin tray

Directions

- ☐ First make the pastry. Sift the flour into a large bowl, add the butter and, using your fingertips, rub it into the flour so the mixture resembles breadcrumbs. Measure 150ml/ pint cold water into a jug. Stir the ground almonds and sugar into the flour mixture, then add the egg yolk and a little of the water, stirring with a knife. Gradually work in the rest of the water, stirring until you have a soft pastry ball. Wrap it in cling film and chill for 20–30 minutes.
- ☐ Meanwhile, make the filling. Preheat the oven to fan 180C/conventional 200C/gas
- ☐ Tip the ground almonds, sugar, currants, sultanas, almonds and spices into a large bowl and stir. Melt the butter (use the microwave for speed) and add to the dry ingredients with the beaten eggs and the lemon and orange zest and juice.
- ☐ Mix together really well.

- ☐
- Roll out the pastry on a lightly floured surface (working with half at a time is easiest) to about 5mm thickness.
- ☐
- Cut out about 24 rounds using a 10cm round cutter. Use each round to line a muffin tin (use two trays, or bake in batches). Spoon the filling into each pastry-lined tart, so it is just shy of the top of the pastry.
- ☐
- Bake for 20–25 minutes until pale golden, then turn each tart out on to a wire rack and dust with icing sugar. Lovely served warm or cold.

Nutrition Facts



Properties

Glycemic Index:14.24, Glycemic Load:12.94, Inflammation Score:−4, Nutrition Score:6.2939130119655%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 378.23kcal (18.91%), Fat: 24.11g (37.09%), Saturated Fat: 10.56g (66.01%), Carbohydrates: 36.95g (12.32%), Net Carbohydrates: 34.17g (12.42%), Sugar: 17.89g (19.88%), Cholesterol: 75.69mg (25.23%), Sodium: 137.63mg (5.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.78g (13.56%), Selenium: 9.53µg (13.62%), Manganese: 0.27mg (13.6%), Fiber: 2.78g (11.11%), Vitamin B1: 0.16mg (10.99%), Iron: 1.9mg (10.54%), Vitamin A: 525.22IU (10.5%), Folate: 41.29µg (10.32%), Vitamin B2: 0.17mg (10.29%), Vitamin E: 1.09mg (7.29%), Vitamin B3: 1.34mg (6.68%), Calcium: 66.73mg (6.67%), Phosphorus: 62.2mg (6.22%), Copper: 0.09mg (4.53%), Magnesium: 15.68mg (3.92%), Potassium: 134.12mg (3.83%), Vitamin B6: 0.06mg (2.99%), Vitamin B5: 0.28mg (2.76%), Zinc: 0.37mg (2.45%), Vitamin B12: 0.11µg (1.86%), Vitamin K: 1.77µg (1.69%), Vitamin C: 1.36mg (1.65%), Vitamin D: 0.19µg (1.25%)