



Oaty plum gingerbread slice



Vegetarian

READY IN



50 min.

SERVINGS



12

CALORIES



228 kcal

SIDE DISH

Ingredients

- ☐ 140 g butter unsalted for greasing
- ☐ 100 g t brown sugar dark soft
- ☐ 100 g golden syrup
- ☐ 6 small plums prepared (250g weight)
- ☐ 140 g flour plain
- ☐ 1 tsp double-acting baking powder
- ☐ 1 tbsp ground ginger
- ☐ 1 tbsp ginger chopped

- ☐ 85 g oatmeal (not jumbo)
- ☐ 2 large eggs beaten at room temperature
- ☐ 25 g flour plain
- ☐ 25 g oatmeal
- ☐ 2 tsp ginger chopped

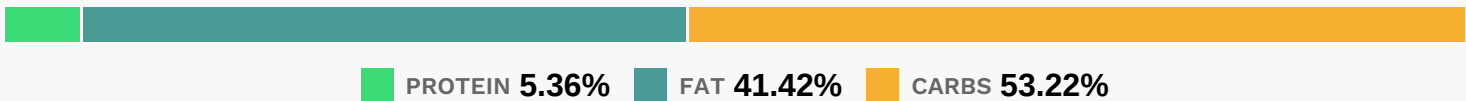
Equipment

- ☐ frying pan
- ☐ oven
- ☐ cake form

Directions

- ☐ Grease a 17 x 23cm cake tin and line with parchment.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Melt the butter, sugar and syrup together in a large pan. While you wait, stone and quarter the plums.
- ☐ When the pan ingredients are smooth, stir in the flour, baking powder, tsp salt, the gingers, oats and eggs, then beat until even.
- ☐ Pour all but about 2 tbsp of the batter into the prepared tin, then scatter the batter with the plums.
- ☐ For the topping, work the extra flour and oats into the reserved 2 tbsp of batter to make a flapjack-like dough. Crumble this over the tin and scatter with the chopped ginger.
- ☐ Bake for 30 mins or until golden and risen, then cool completely in the tin.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:41.22, Glycemic Load:13.72, Inflammation Score:-4, Nutrition Score:5.0286956351736%

Flavonoids

Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epicatechin 3–gallate: 0.25mg, Epicatechin 3–gallate: 0.25mg, Epicatechin 3–gallate: 0.25mg, Epicatechin 3–gallate: 0.25mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 228.03kcal (11.4%), Fat: 10.65g (16.38%), Saturated Fat: 6.32g (39.51%), Carbohydrates: 30.78g (10.26%), Net Carbohydrates: 29.71g (10.8%), Sugar: 18.09g (20.1%), Cholesterol: 56.08mg (18.69%), Sodium: 56.96mg (2.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.2%), Manganese: 0.32mg (15.93%), Selenium: 8.18µg (11.69%), Vitamin A: 450.53IU (9.01%), Vitamin B1: 0.13mg (8.57%), Folate: 31.87µg (7.97%), Vitamin B2: 0.12mg (7.12%), Iron: 1.12mg (6.21%), Phosphorus: 56.26mg (5.63%), Vitamin B3: 1.04mg (5.19%), Fiber: 1.07g (4.28%), Calcium: 42.42mg (4.24%), Vitamin C: 3.18mg (3.86%), Potassium: 107.92mg (3.08%), Vitamin E: 0.46mg (3.08%), Copper: 0.06mg (3.07%), Vitamin B5: 0.29mg (2.89%), Vitamin K: 3.03µg (2.88%), Magnesium: 11.22mg (2.8%), Zinc: 0.36mg (2.4%), Vitamin D: 0.34µg (2.28%), Vitamin B6: 0.04mg (1.91%), Vitamin B12: 0.09µg (1.57%)