



## Orange pastry mince pies

READY IN



40 min.

SERVINGS



30

CALORIES



226 kcal

DESSERT

### Ingredients

- ☐ 500 g flour plain for dusting
- ☐ 175 g powdered sugar for dusting
- ☐ 375 g butter diced cold
- ☐ 1 orange zest
- ☐ 500 g mincemeat
- ☐ 1 eggs beaten

### Equipment

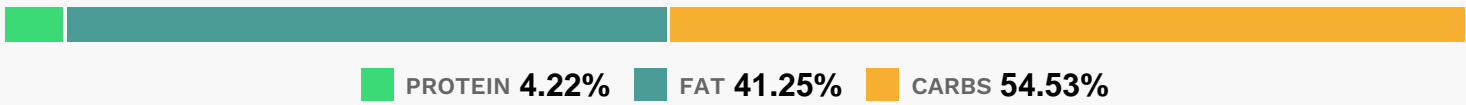
- ☐ food processor

- ☐ oven
- ☐ knife
- ☐ wire rack

## Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ In a food processor, whizz together the flour, icing sugar and butter until they form fine crumbs (or rub in with your fingers). With the blades running, add the zest, then 3 tbsp orange juice. Process for a few secs until the mixture forms clumps. If you need to, add a few extra tsps orange juice to bring the pastry together.
- ☐ Tip onto a very lightly floured surface, knead briefly until smooth, then chill in the fridge for 30 mins or until firm. The pastry can be made up to 3 days ahead or frozen for up to 1 month.
- ☐ Lightly dust the work surface with flour, then roll out the pastry to approx 1 coin thickness.
- ☐ Cut out 12 x 8cm rounds with a fluted cutter and press into a 12-hole non-stick bun tin. Re-roll the trimmings to the same thickness and stamp out 12 x 5cm rounds for the tops. Spoon about 1 tbsp mincemeat into each base and press on the tops.
- ☐ Brush the tops with the egg, then bake for 15–20 mins until golden and crisp. Cool for a few mins, then lever out of the tins with a table knife and cool on a wire rack. Store in an airtight container for up to 1 week. Warm gently to serve, dusted with sifted icing sugar, if you like.

## Nutrition Facts



## Properties

Glycemic Index:4.17, Glycemic Load:9.2, Inflammation Score:-3, Nutrition Score:3.0260869374742%

## Nutrients (% of daily need)

Calories: 225.8kcal (11.29%), Fat: 10.44g (16.06%), Saturated Fat: 6.5g (40.61%), Carbohydrates: 31.06g (10.35%), Net Carbohydrates: 30.18g (10.98%), Sugar: 17g (18.88%), Cholesterol: 32.33mg (10.78%), Sodium: 175.92mg (7.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.8%), Selenium: 6.26µg (8.95%), Vitamin B1: 0.13mg (8.84%), Folate: 31.68µg (7.92%), Vitamin A: 321.98IU (6.44%), Manganese: 0.11mg (5.72%), Vitamin B2: 0.09mg (5.57%), Vitamin B3: 0.99mg (4.97%), Iron: 0.81mg (4.49%), Fiber: 0.88g (3.5%), Phosphorus: 23.99mg (2.4%), Vitamin E: 0.32mg (2.11%), Copper: 0.03mg (1.29%), Vitamin B5: 0.11mg (1.11%), Magnesium: 4.18mg (1.05%)