



## Oxfordshire Cakes

READY IN



45 min.

SERVINGS



32

CALORIES



197 kcal

DESSERT

## Ingredients

- ☐ 0.5 cup warm beer (105° to 115°)
- ☐ 1.5 cups currants dried
- ☐ 0.3 cup cooking sherry dry
- ☐ 2 packages yeast dry
- ☐ 1 eggs
- ☐ 1 egg yolk
- ☐ 4 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 teaspoon ground cloves

- ☐ 0.5 teaspoon mace
- ☐ 6 tablespoons butter chilled cut into small pieces
- ☐ 1 teaspoon nutmeg freshly grated
- ☐ 1 cup raisins
- ☐ 1 teaspoon salt
- ☐ 1 cup evaporated skimmed milk
- ☐ 1 cup sugar
- ☐ 1 teaspoon sugar
- ☐ 0.5 cup warm water (105° to 115°)
- ☐ 4 cups flour whole-wheat

## Equipment

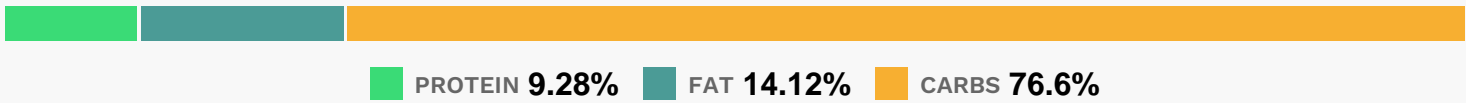
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

## Directions

- ☐ Combine first 3 ingredients in a large bowl; stir well. Set mixture aside.
- ☐ Dissolve yeast and sugar in warm water and beer; let stand 5 minutes.
- ☐ Combine flours and next 6 ingredients in a large bowl; cut in chilled margarine with a pastry blender.
- ☐ Add milk and next 4 ingredients to currant mixture; stir well. Stir in yeast mixture, and add to flour mixture, stirring until a soft dough forms.
- ☐ Turn dough out onto a floured surface; knead until elastic (about 20 minutes).
- ☐ Place in a bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 1/2 hours or until doubled.
- ☐ Punch dough down, and divide into 32 equal portions. Shape each portion into a ball, and place on baking sheets coated with cooking spray. Cover and let rise 30 minutes or until puffy.

- ☐ Bake at 350 for 20 minutes or until lightly browned.
- ☐ Let cool on wire racks.
- ☐ Note: To make loaves instead of rolls, punch dough down, and divide in half; shape each portion into a round loaf.
- ☐ Place loaves 4 inches apart on a large baking sheet coated with cooking spray. Cover and let rise 1 hour or until puffy.
- ☐ Bake at 325 for 1 hour or until loaves sound hollow when tapped.
- ☐ Let cool on wire racks.

## Nutrition Facts



## Properties

Glycemic Index:14.46, Glycemic Load:16.41, Inflammation Score:-3, Nutrition Score:8.0495651753052%

## Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

## Nutrients (% of daily need)

Calories: 197.14kcal (9.86%), Fat: 3.18g (4.89%), Saturated Fat: 0.69g (4.32%), Carbohydrates: 38.78g (12.93%), Net Carbohydrates: 35.93g (13.07%), Sugar: 11.11g (12.34%), Cholesterol: 11.42mg (3.81%), Sodium: 109.81mg (4.77%), Alcohol: 0.34g (100%), Alcohol %: 0.6% (100%), Protein: 4.7g (9.4%), Manganese: 0.81mg (40.42%), Selenium: 15.64µg (22.34%), Vitamin B1: 0.27mg (17.92%), Folate: 48.22µg (12.05%), Fiber: 2.85g (11.38%), Vitamin B3: 2.04mg (10.18%), Phosphorus: 98.17mg (9.82%), Vitamin B2: 0.16mg (9.43%), Iron: 1.59mg (8.82%), Magnesium: 29.98mg (7.49%), Copper: 0.12mg (6.23%), Vitamin B6: 0.12mg (5.75%), Potassium: 185.33mg (5.3%), Zinc: 0.64mg (4.28%), Vitamin B5: 0.29mg (2.94%), Calcium: 29.4mg (2.94%), Vitamin A: 137.34IU (2.75%), Vitamin E: 0.24mg (1.63%), Vitamin B12: 0.07µg (1.19%)