Parkin

🍂 **Vegetarian**   💗 **Popular**

READY IN	SERVINGS	CALORIES
🕐	🍽️	💧
75 min.	**16**	**234 kcal**

ANTIPASTI   STARTER   SNACK   APPETIZER

Ingredients

- [ ] 200 g butter for greasing
- [ ] 1 large eggs
- [ ] 4 tbsp milk
- [ ] 200 g golden syrup
- [ ] 85 g blackstrap molasses
- [ ] 85 g brown sugar light soft
- [ ] 100 g oatmeal
- [ ] 250 g self raising flour

- [ ] 1 tbsp ground ginger

Equipment

- [ ] frying pan
- [ ] oven
- [ ] cake form
- [ ] aluminum foil

Directions

- [ ] Heat oven to 160C/140C fan/gas
- [ ] Butter a deep 22cm square cake tin and line with baking parchment. Beat the egg and milk together with a fork.
- [ ] Gently melt the syrup, treacle, sugar and butter together in a large pan until the sugar has dissolved.
- [ ] Remove from the heat.
- [ ] Mix together the oatmeal, flour and ginger and stir into the syrup mixture, followed by the egg and milk.
- [ ] Pour the mixture into the tin and bake for 50 mins 1 hr until the cake feels firm and a little crusty on top. Cool in the tin then wrap in more parchment and foil. Keep for up to five days before eating if you can itll become softer and stickier the longer you leave it, up to two weeks.

Nutrition Facts

PROTEIN **4.57%**　FAT **41.76%**　CARBS **53.67%**
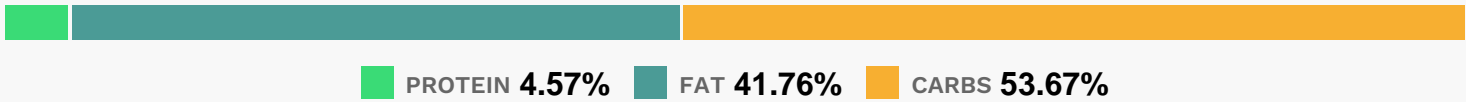
Properties

Glycemic Index:20.16, Glycemic Load:15.79, Inflammation Score:–3, Nutrition Score:3.4695652412332%

Nutrients (% of daily need)

Calories: 233.87kcal (11.69%), Fat: 10.93g (16.81%), Saturated Fat: 6.66g (41.62%), Carbohydrates: 31.6g (10.53%), Net Carbohydrates: 31.07g (11.3%), Sugar: 19.3g (21.44%), Cholesterol: 38.95mg (12.98%), Sodium: 90.34mg (3.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Manganese: 0.35mg (17.7%), Selenium: 8.89µg

(12.7%), Vitamin A: 335.73IU (6.71%), Magnesium: 20.7mg (5.17%), Phosphorus: 35.35mg (3.53%), Potassium: 121.86mg (3.48%), Iron: 0.61mg (3.37%), Copper: 0.07mg (3.26%), Calcium: 27.94mg (2.79%), Vitamin B6: 0.05mg (2.69%), Vitamin E: 0.39mg (2.61%), Vitamin B5: 0.21mg (2.15%), Fiber: 0.53g (2.11%), Vitamin B2: 0.03mg (2.04%), Zinc: 0.29mg (1.94%), Folate: 7.47μg (1.87%), Vitamin B1: 0.02mg (1.57%), Vitamin B3: 0.27mg (1.34%), Vitamin B12: 0.07μg (1.16%)