



Raspberry & almond traybake



Vegetarian



Popular

READY IN



90 min.

SERVINGS



16

CALORIES



271 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 250 g self-raising flour
- ☐ 50 g ground almonds
- ☐ 200 g butter diced
- ☐ 280 g golden granulated sugar
- ☐ 50 g desiccated coconut
- ☐ 2 medium eggs
- ☐ 350 g lb raspberries fresh

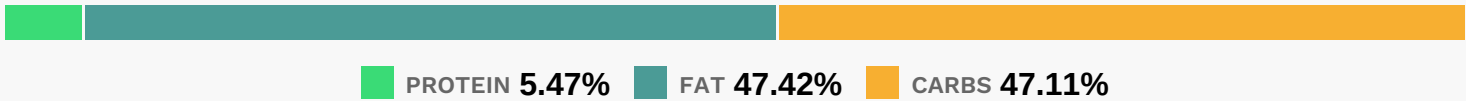
Equipment

- ☐ food processor
- ☐ oven
- ☐ cake form
- ☐ wooden spoon

Directions

- ☐ Heat the oven to 180C/fan160C/gas
- ☐ Butter an oblong cake tin (about 31 x 17 x 3cm). Tip the flour, ground almonds, butter and sugar into a food processor and whizz just until the butter is evenly distributed or rub together by hand.
- ☐ Remove 85g/3oz of the mix, stir in the coconut and put to one side.
- ☐ Add the eggs to the remaining mixture in the food processor and whizz quickly or mix with a wooden spoon. It doesnt need to be very smooth.
- ☐ Spread this mixture over the base of the tin, then scatter half the raspberries over the top.
- ☐ Sprinkle with the coconut mixture and bake for 45 mins. Dot the remaining fruit over the surface and cook for a further 15 mins, until firm to the touch. Cool in the tin and cut into slices, squares, whichever shape you want. They will keep for up to 2 days in the fridge.

Nutrition Facts



Properties

Glycemic Index:13.32, Glycemic Load:19.87, Inflammation Score:-3, Nutrition Score:4.304782608281%

Flavonoids

Cyanidin: 10.01mg, Cyanidin: 10.01mg, Cyanidin: 10.01mg, Cyanidin: 10.01mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.23mg, Quercetin:

0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 270.93kcal (13.55%), Fat: 14.68g (22.59%), Saturated Fat: 8.54g (53.36%), Carbohydrates: 32.81g (10.94%), Net Carbohydrates: 30.18g (10.97%), Sugar: 18.85g (20.94%), Cholesterol: 47.33mg (15.78%), Sodium: 90.05mg (3.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.62%), Manganese: 0.36mg (17.92%), Selenium: 8.74µg (12.49%), Fiber: 2.64g (10.55%), Vitamin C: 5.78mg (7%), Vitamin A: 349.61IU (6.99%), Phosphorus: 41.83mg (4.18%), Vitamin E: 0.61mg (4.1%), Copper: 0.08mg (3.91%), Iron: 0.62mg (3.45%), Folate: 12.99µg (3.25%), Vitamin B2: 0.05mg (3.15%), Magnesium: 12.44mg (3.11%), Vitamin B5: 0.26mg (2.63%), Vitamin K: 2.65µg (2.53%), Zinc: 0.37mg (2.48%), Potassium: 76.57mg (2.19%), Calcium: 21.44mg (2.14%), Vitamin B6: 0.04mg (1.85%), Vitamin B1: 0.02mg (1.61%), Vitamin B3: 0.32mg (1.58%), Vitamin B12: 0.07µg (1.17%)