



Raspberry Bakewell slice

 Vegetarian

READY IN



80 min.

SERVINGS



10

CALORIES



517 kcal

SIDE DISH

Ingredients

- ☐ 375 g pastry crust sweet
- ☐ 5 tbsp raspberry jam seedless thick
- ☐ 100 g raspberries frozen thawed
- ☐ 25 g almonds flaked
- ☐ 4 tbsp apricot preserves
- ☐ 200 g butter soft for the tin plus a little extra
- ☐ 200 g brown sugar
- ☐ 100 g almond flour

- ☐ 100 g self raising flour
- ☐ 1 tsp double-acting baking powder
- ☐ 0.5 tsp almond extract
- ☐ 4 eggs beaten

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Line the base and sides of a buttered traybake tin, about 18–20cm x 30cm, with baking parchment.
- ☐ Roll out the pastry to line. Lift into the tin and evenly press right into the corners. Prick with a fork and chill for 20 mins.
- ☐ Bake the pastry for 8–10 mins until its cooked but not too coloured. Cool for a few mins and turn down the oven to 180C/160C fan/gas
- ☐ Dot the raspberry jam over the pastry (there's no need to spread) and scatter over the raspberries.
- ☐ For the sponge, put all the ingredients into a large bowl and beat with an electric whisk until soft and very well mixed. Spoon this over the raspberry layer, then smooth evenly. Scatter over the flaked almonds and bake for 35–40 mins until golden and firm. Cool completely in the tin. Will freeze for up to 3 months overwrap the tin with baking parchment and foil beforehand.
- ☐ To serve, thaw for 4 hrs at room temperature, then reheat in a low oven. Melt the apricot jam with 1 tbsp water and brush over the top of the sponge just before serving.

Nutrition Facts



 **PROTEIN 6.93%**  **FAT 45.42%**  **CARBS 47.65%**

Properties

Glycemic Index:33.8, Glycemic Load:15.94, Inflammation Score:-5, Nutrition Score:9.1695652422698%

Flavonoids

Cyanidin: 4.64mg, Cyanidin: 4.64mg, Cyanidin: 4.64mg, Cyanidin: 4.64mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 516.98kcal (25.85%), Fat: 26.6g (40.92%), Saturated Fat: 11.86g (74.1%), Carbohydrates: 62.78g (20.93%), Net Carbohydrates: 59.67g (21.7%), Sugar: 28.82g (32.03%), Cholesterol: 108.47mg (36.16%), Sodium: 395.82mg (17.21%), Alcohol: 0.07g (100%), Alcohol %: 0.06% (100%), Protein: 9.14g (18.27%), Selenium: 19.03µg (27.19%), Manganese: 0.41mg (20.36%), Vitamin B2: 0.26mg (15.47%), Vitamin B1: 0.23mg (15.26%), Iron: 2.43mg (13.48%), Fiber: 3.1g (12.44%), Folate: 49.75µg (12.44%), Vitamin A: 614.77IU (12.3%), Phosphorus: 105.43mg (10.54%), Vitamin E: 1.47mg (9.79%), Calcium: 97.76mg (9.78%), Vitamin B3: 1.83mg (9.14%), Copper: 0.13mg (6.55%), Magnesium: 22.26mg (5.56%), Vitamin B5: 0.52mg (5.24%), Vitamin C: 4.2mg (5.1%), Zinc: 0.65mg (4.34%), Potassium: 141.13mg (4.03%), Vitamin B6: 0.07mg (3.31%), Vitamin B12: 0.19µg (3.18%), Vitamin K: 3.2µg (3.05%), Vitamin D: 0.35µg (2.35%)