



Raspberry Linzer slice

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



294 kcal

SIDE DISH

Ingredients

- ☐ 175 g flour plain
- ☐ 50 g rice
- ☐ 85 g brown sugar
- ☐ 140 g butter diced cold
- ☐ 1 tbsp milk
- ☐ 1 tsp cinnamon
- ☐ 0.5 tsp ground cloves
- ☐ 8 tbsp raspberry jam

☐ 2 tsp sugar

Equipment

☐ bowl

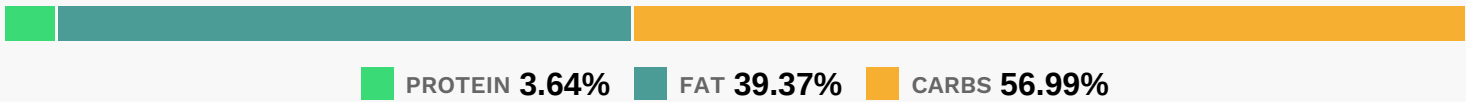
☐ oven

☐ knife

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Line a 21 or 22cm square, shallow baking tin with baking parchment.
- ☐ Put the flour, ground rice and sugar in a bowl with the butter and rub in until fine crumbs form. Stir in the milk with a cutlery knife. Stir in cinnamon and cloves. Tip three-quarters into the tin and press down evenly.
- ☐ Bake for 15-20 mins until golden and crisp looking.
- ☐ Stir the jam in a bowl to loosen a little, then spread over the base. Crumble over the remaining slice mixture and bake for 5-10 mins more until the topping is golden. Scatter with 2 tsp caster sugar, cool in the tin, then slice into squares.

Nutrition Facts



Properties

Glycemic Index:39.36, Glycemic Load:20.73, Inflammation Score:-3, Nutrition Score:4.5521739277503%

Nutrients (% of daily need)

Calories: 293.53kcal (14.68%), Fat: 12.93g (19.89%), Saturated Fat: 8.07g (50.46%), Carbohydrates: 42.12g (14.04%), Net Carbohydrates: 41.13g (14.96%), Sugar: 18.87g (20.97%), Cholesterol: 33.64mg (11.21%), Sodium: 110.02mg (4.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.37%), Manganese: 0.33mg (16.35%), Selenium: 8.11µg (11.59%), Vitamin B1: 0.16mg (10.76%), Folate: 38.59µg (9.65%), Vitamin A: 392.47IU (7.85%), Vitamin B2: 0.12mg (7.08%), Iron: 1.14mg (6.35%), Vitamin B3: 1.27mg (6.34%), Fiber: 0.99g (3.94%), Phosphorus: 36.87mg (3.69%), Copper: 0.06mg (3.2%), Vitamin E: 0.42mg (2.79%), Calcium: 25.29mg (2.53%), Magnesium: 8.21mg (2.05%), Vitamin C: 1.58mg (1.91%), Vitamin B5: 0.18mg (1.82%), Potassium: 62.13mg (1.78%), Zinc: 0.24mg (1.59%), Vitamin B6: 0.03mg (1.37%), Vitamin K: 1.41µg (1.35%)