



WHATSheATE



Raspberry & white chocolate traybake



Vegetarian



Popular

READY IN



40 min.

SERVINGS



16

CALORIES



321 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 375 g pack ready-rolled shortcrust pastry
- ☐ 500 g mascarpone cheese
- ☐ 100 g golden caster sugar
- ☐ 100 g ground almonds
- ☐ 2 large eggs
- ☐ 250 g raspberries fresh
- ☐ 100 g chocolate white roughly chopped

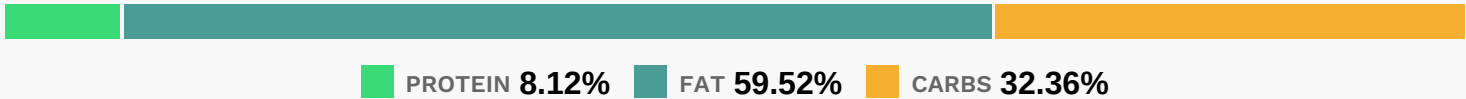
Equipment

- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 160c/fan 140c/gas
- ☐ roll out the pastry a little more on a floured surface and use to line a 30 x 20cm tin, or a Swiss roll tin. Line with greaseproof paper, fill with baking beans and cook for 10 mins. Take out the beans and paper, then return to the oven for a further 5 mins.
- ☐ Whisk together the mascarpone, sugar, almonds and eggs until well blended. Fold in the raspberries and chocolate, then pour into the tin.
- ☐ Bake for 20–25 mins until just set and lightly golden. Turn off the oven, open the door and leave the tray bake to cool gradually. For the best results, chill for at least 1 hr before slicing.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:7.32, Inflammation Score:-4, Nutrition Score:4.9747826560684%

Flavonoids

Cyanidin: 7.15mg, Cyanidin: 7.15mg, Cyanidin: 7.15mg, Cyanidin: 7.15mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 320.52kcal (16.03%), Fat: 21.26g (32.71%), Saturated Fat: 10.72g (67.03%), Carbohydrates: 26.01g (8.67%), Net Carbohydrates: 23.88g (8.68%), Sugar: 10.72g (11.92%), Cholesterol: 55.81mg (18.6%), Sodium: 146.8mg (6.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.05%), Manganese: 0.22mg (11.13%), Selenium: 7.77µg (11.1%), Vitamin A: 478.28IU (9.57%), Vitamin B1: 0.14mg (9.22%), Fiber: 2.14g (8.54%), Calcium: 84.48mg (8.45%),

Vitamin B2: 0.13mg (7.77%), Iron: 1.27mg (7.03%), Folate: 27.34µg (6.84%), Vitamin B3: 1.11mg (5.53%), Vitamin C: 4.13mg (5%), Phosphorus: 45.73mg (4.57%), Vitamin B5: 0.26mg (2.64%), Copper: 0.05mg (2.45%), Vitamin K: 2.39µg (2.28%), Magnesium: 9.02mg (2.25%), Potassium: 75.75mg (2.16%), Zinc: 0.31mg (2.06%), Vitamin E: 0.28mg (1.87%), Vitamin B6: 0.03mg (1.62%), Vitamin B12: 0.09µg (1.51%)