



Rock cakes

 Vegetarian

READY IN



40 min.

SERVINGS



10

CALORIES



214 kcal

DESSERT

Ingredients

- ☐ 200 g self raising flour
- ☐ 1 tsp double-acting baking powder
- ☐ 1.5 tsp spice mixed
- ☐ 100 g butter
- ☐ 85 g muscovado sugar light
- ☐ 100 g fruit mixed dried
- ☐ 1 eggs beaten
- ☐ 2 tbsp milk

☐ 10 servings little demerara sugar crushed for sprinkling

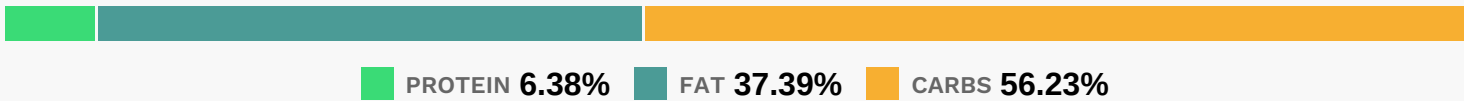
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Line a baking sheet with baking parchment. Tip the flour, baking powder and 1 tsp spice into a bowl.
- ☐ Add the butter, cut into small pieces. Rub the butter into the flour until the mixture forms fine crumbs (or do this in the food processor).
- ☐ Stir in the muscovado sugar and fruit, then add the egg and milk.
- ☐ Mix to a fairly firm dough. Spoon 10 rough blobs of the mixture onto the baking sheet, leaving room for a little spreading.
- ☐ Mix together the sugar and remaining mixed spice and sprinkle over the cakes.
- ☐ Bake for 20–25 mins until golden brown.

Nutrition Facts



Properties

Glycemic Index:27.8, Glycemic Load:11.25, Inflammation Score:-2, Nutrition Score:3.7478261117054%

Nutrients (% of daily need)

Calories: 214.45kcal (10.72%), Fat: 9.09g (13.98%), Saturated Fat: 5.42g (33.85%), Carbohydrates: 30.75g (10.25%), Net Carbohydrates: 29.24g (10.63%), Sugar: 14.28g (15.87%), Cholesterol: 38.23mg (12.74%), Sodium: 124.41mg (5.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.98%), Selenium: 9.64µg (13.77%), Manganese: 0.26mg (13.21%), Calcium: 64mg (6.4%), Fiber: 1.51g (6.02%), Vitamin A: 280.7IU (5.61%), Phosphorus: 51.02mg (5.1%), Copper: 0.07mg (3.69%), Magnesium: 14.21mg (3.55%), Iron: 0.64mg (3.53%), Potassium: 114.65mg (3.28%),

Vitamin B2: 0.05mg (2.84%), Vitamin E: 0.4mg (2.68%), Folate: 10.02µg (2.51%), Vitamin B5: 0.23mg (2.32%),
Vitamin K: 2.43µg (2.31%), Zinc: 0.32mg (2.16%), Vitamin B1: 0.03mg (1.92%), Vitamin B6: 0.03mg (1.61%), Vitamin
B3: 0.29mg (1.44%), Vitamin B12: 0.07µg (1.21%)