



Rudolph's carrot flapjacks



Vegetarian



Gluten Free

READY IN



65 min.

SERVINGS



16

CALORIES



217 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 200 g butter
- ☐ 100 g golden syrup
- ☐ 50 g brown sugar light soft
- ☐ 300 g oats
- ☐ 2 carrots grated
- ☐ 1 orange zest
- ☐ 100 g apricots chopped
- ☐ 1 tsp cinnamon

☐ 50 g pumpkin seeds

Equipment

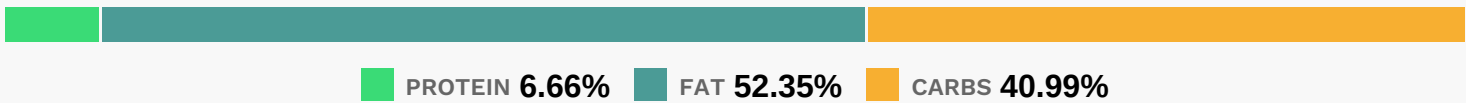
☐ frying pan

☐ oven

Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ Line an 18cm square baking tin with greaseproof paper. Melt butter, golden syrup and sugar in a large pan.
- ☐ Mix in rolled oats, carrots, orange zest, apricots, cinnamon and pumpkin seeds. Stir everything well, then pack into the prepared tin, pushing down firmly.
- ☐ Bake for 40–45 mins, then cool in the tin before slicing into 16 squares.

Nutrition Facts



Properties

Glycemic Index:16.03, Glycemic Load:7.94, Inflammation Score:-8, Nutrition Score:7.6034782593665%

Flavonoids

Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 217.29kcal (10.86%), Fat: 12.94g (19.91%), Saturated Fat: 6.91g (43.18%), Carbohydrates: 22.79g (7.6%), Net Carbohydrates: 20.21g (7.35%), Sugar: 9.16g (10.18%), Cholesterol: 26.88mg (8.96%), Sodium: 87.96mg (3.82%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 3.71g (7.41%), Manganese: 0.87mg (43.43%), Vitamin A: 1710.71IU (34.21%), Phosphorus: 122.9mg (12.29%), Magnesium: 46.71mg (11.68%), Fiber: 2.59g (10.34%), Selenium: 5.9µg (8.43%), Vitamin B1: 0.1mg (6.88%), Zinc: 0.97mg (6.5%), Iron: 1.16mg (6.47%), Copper: 0.13mg (6.31%), Potassium: 143.19mg (4.09%), Vitamin E: 0.55mg (3.66%), Vitamin B5: 0.29mg (2.91%), Vitamin B2: 0.05mg (2.69%), Vitamin C: 2.16mg (2.62%), Folate: 10.46µg (2.62%), Vitamin K: 2.74µg (2.61%), Vitamin B3: 0.5mg (2.48%), Calcium: 22.95mg (2.29%), Vitamin B6: 0.04mg (2.02%)