



Starry mincemeat slices

READY IN



75 min.

SERVINGS



12

CALORIES



389 kcal

SIDE DISH

Ingredients

- ☐ 12 servings little butter for the tin
- ☐ 820 g mincemeat
- ☐ 175 g bramley apples grated
- ☐ 375 g sheets packs ready-rolled shortcrust pastry
- ☐ 12 servings caster sugar white for dredging

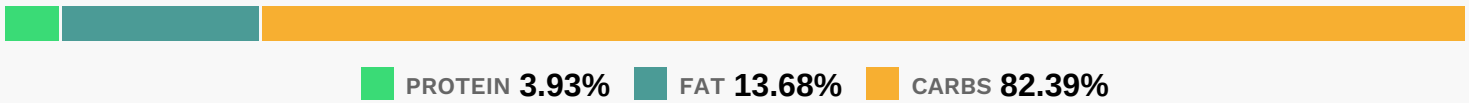
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Butter a 30 x 20 x 2.5cm tray tin.
- ☐ Mix the mincemeat and grated apple. Unroll the pastry sheets. Lift one sheet into the tin so that the pastry lines it and the excess hangs over the sides.
- ☐ Spread the mincemeat mix over evenly.
- ☐ Leave the other sheet on its wrapping, but lightly mark the size of the tin onto it. Stamp out stars, spaced apart dont go outside the markings. Carefully invert on top of the mincemeat, pastry side down, and peel off the wrapping. Press the edges together around the edge of the tin, trim the excess, then randomly place the cut-out stars over the pastry. Will freeze for up to 6 weeks. Defrost before baking.
- ☐ Chill for 20 mins. Meanwhile, heat oven to 200C/180C fan/gas 6 with a large baking sheet inside it. Dredge the pastry with sugar and bake on the hot baking sheet for 30 mins until golden.
- ☐ Remove and dredge with more sugar.

Nutrition Facts



Properties

Glycemic Index:15.84, Glycemic Load:14.93, Inflammation Score:-1, Nutrition Score:3.579130437711%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 389.44kcal (19.47%), Fat: 5.99g (9.22%), Saturated Fat: 3.03g (18.96%), Carbohydrates: 81.25g (27.08%), Net Carbohydrates: 78.73g (28.63%), Sugar: 59.61g (66.23%), Cholesterol: 10.75mg (3.58%), Sodium: 564.65mg (24.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.74%), Vitamin B1: 0.17mg (11.45%), Selenium: 7.4µg (10.58%), Fiber: 2.52g (10.06%), Manganese: 0.15mg (7.72%), Folate: 28.09µg (7.02%), Vitamin B2: 0.11mg

(6.73%), Vitamin B3: 1.29mg (6.44%), Iron: 1.03mg (5.71%), Vitamin A: 132.82IU (2.66%), Phosphorus: 26.24mg (2.62%), Copper: 0.04mg (1.82%), Vitamin K: 1.45µg (1.38%), Magnesium: 5.52mg (1.38%), Potassium: 40.17mg (1.15%), Vitamin E: 0.17mg (1.12%), Zinc: 0.16mg (1.1%), Vitamin B5: 0.11mg (1.09%)