



Sticky malt loaves



Vegetarian



Popular

READY IN



65 min.

SERVINGS



2

CALORIES



1562 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings unrefined sunflower oil for greasing
- ☐ 150 ml freshly tea black hot
- ☐ 175 g malt extract for glazing (see tip)
- ☐ 85 g muscovado sugar dark
- ☐ 300 g fruit mixed dried
- ☐ 2 large eggs beaten
- ☐ 250 g flour plain
- ☐ 1 tsp double-acting baking powder

☐ 0.5 tsp bicarbonate of soda

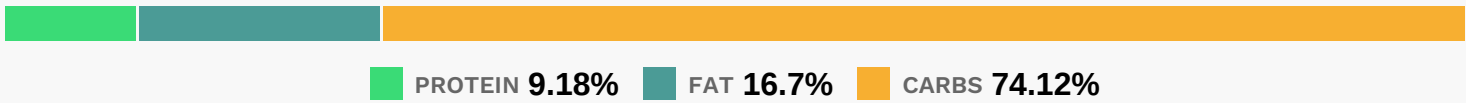
Equipment

- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Heat oven to 150C/130C fan/gas
- ☐ Line the base and ends of two greased 450g/1lb non-stick loaf tins with strips of baking parchment.
- ☐ Pour the hot tea into a mixing bowl with the malt, sugar and dried fruit. Stir well, then add the eggs.
- ☐ Tip in the flour, then quickly stir in the baking powder and bicarbonate of soda and pour into the prepared tins.
- ☐ Bake for 50 mins until firm and well risen. While still warm, brush with a little more malt to glaze and leave to cool.
- ☐ Remove from the tins. If you can bear not to eat it straight away, it gets more sticky after wrapping and keeping for 2-5 days.
- ☐ Serve sliced and buttered, if you like.

Nutrition Facts



Properties

Glycemic Index:99, Glycemic Load:94.75, Inflammation Score:-9, Nutrition Score:50.929130181022%

Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epigallocatechin: 6.02mg, Epigallocatechin: 6.02mg, Epigallocatechin: 6.02mg, Epigallocatechin: 6.02mg Epicatechin: 1.59mg, Epicatechin: 1.59mg, Epicatechin: 1.59mg Epicatechin 3-gallate: 4.38mg, Epicatechin 3-gallate: 4.38mg, Epicatechin 3-gallate: 4.38mg Epigallocatechin 3-gallate: 7mg, Epigallocatechin 3-gallate: 7mg, Epigallocatechin 3-gallate: 7mg, Epigallocatechin 3-gallate: 7mg Theaflavin: 1.18mg, Theaflavin: 1.18mg, Theaflavin: 1.18mg, Theaflavin: 1.18mg Thearubigins: 60.82mg, Thearubigins: 60.82mg, Thearubigins: 60.82mg, Thearubigins: 60.82mg

Thearubigins: 60.82mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg
Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 1.64mg, Quercetin: 1.64mg,
Quercetin: 1.64mg, Quercetin: 1.64mg Theaflavin-3,3'-digallate: 1.31mg, Theaflavin-3,3'-digallate: 1.31mg,
Theaflavin-3,3'-digallate: 1.31mg, Theaflavin-3,3'-digallate: 1.31mg Theaflavin-3'-gallate: 1.13mg, Theaflavin-3'-
gallate: 1.13mg, Theaflavin-3'-gallate: 1.13mg, Theaflavin-3'-gallate: 1.13mg Gallocatechin: 0.94mg, Gallocatechin:
0.94mg, Gallocatechin: 0.94mg, Gallocatechin: 0.94mg

Nutrients (% of daily need)

Calories: 1561.73kcal (78.09%), Fat: 29.69g (45.68%), Saturated Fat: 7.52g (47.02%), Carbohydrates: 296.46g
(98.82%), Net Carbohydrates: 278.29g (101.2%), Sugar: 155.26g (172.52%), Cholesterol: 207mg (69%), Sodium:
1015.46mg (44.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 14.96mg (4.99%), Protein: 36.72g
(73.43%), Selenium: 73.49µg (104.99%), Vitamin B2: 1.78mg (104.97%), Vitamin B1: 1.57mg (104.71%), Manganese:
2.03mg (101.51%), Folate: 310.17µg (77.54%), Fiber: 18.17g (72.67%), Calcium: 720.92mg (72.09%), Phosphorus:
700.59mg (70.06%), Vitamin B3: 12.98mg (64.91%), Iron: 10.9mg (60.57%), Potassium: 1970.67mg (56.3%),
Magnesium: 223.57mg (55.89%), Vitamin E: 7.21mg (48.04%), Copper: 0.85mg (42.46%), Vitamin B6: 0.68mg
(33.76%), Vitamin K: 29.41µg (28.01%), Vitamin B5: 2.58mg (25.75%), Zinc: 3.4mg (22.69%), Vitamin B12: 1.14µg
(19.08%), Vitamin A: 481IU (9.62%), Vitamin D: 1µg (6.67%), Vitamin C: 4.34mg (5.26%)