



Syrup crunchies

READY IN



35 min.

SERVINGS



20

CALORIES



221 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 250 g pack butter
- ☐ 0.5 g can condensed milk canned
- ☐ 175 g golden syrup
- ☐ 175 g cornflakes
- ☐ 175 g porridge oat
- ☐ 250 g flour plain
- ☐ 100 g custard powder
- ☐ 2 tsp bicarbonate of soda

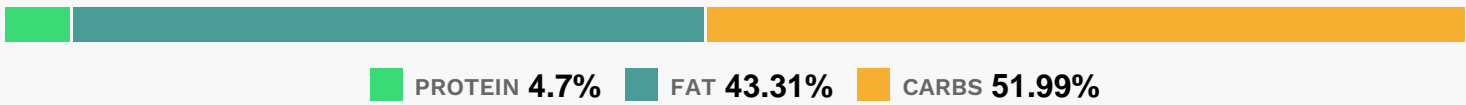
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 180C/160C fan/gas 4 and line a few baking trays with baking parchment. Melt the butter, condensed milk and syrup in a large saucepan.
- ☐ Very roughly crush the cornflakes in a bowl with your hands, then stir in the oats, flour, custard powder and bicarb, and mix really well.
- ☐ Once everything in the pan has melted, take it off the heat and stir in the dry ingredients. Roughly scoop heaped tablespoonfuls of the mixture onto the baking sheets. Crumble over a few more cornflakes, then squash to flatten a bit with your hands.
- ☐ Bake for 12-15 mins until golden. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:15.48, Glycemic Load:11.82, Inflammation Score:-4, Nutrition Score:6.2800000024878%

Nutrients (% of daily need)

Calories: 221.16kcal (11.06%), Fat: 10.75g (16.54%), Saturated Fat: 6.58g (41.15%), Carbohydrates: 29.04g (9.68%), Net Carbohydrates: 28.26g (10.28%), Sugar: 7.84g (8.71%), Cholesterol: 39.78mg (13.26%), Sodium: 284.7mg (12.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.25%), Iron: 3.29mg (18.26%), Vitamin B1: 0.23mg (15.33%), Folate: 56.52µg (14.13%), Vitamin B2: 0.22mg (13.01%), Vitamin B3: 2.35mg (11.73%), Vitamin A: 479.57IU (9.59%), Selenium: 6.4µg (9.14%), Vitamin B6: 0.17mg (8.69%), Vitamin B12: 0.52µg (8.62%), Manganese: 0.15mg (7.59%), Phosphorus: 48.83mg (4.88%), Fiber: 0.77g (3.1%), Magnesium: 11.03mg (2.76%), Vitamin B5: 0.23mg (2.28%), Vitamin C: 1.86mg (2.25%), Copper: 0.04mg (2.21%), Zinc: 0.33mg (2.18%), Vitamin E: 0.31mg

(2.1%), Vitamin D: 0.32µg (2.1%), Potassium: 64.29mg (1.84%), Calcium: 17.57mg (1.76%)