



Toffee apple squares

 Vegetarian

READY IN



100 min.

SERVINGS



18

CALORIES



457 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 950 g eating apple cored peeled sliced quartered
- ☐ 1 tablespoon juice of lemon good
- ☐ 18 servings little caster sugar to taste
- ☐ 100 g caster sugar
- ☐ 250 g pack butter diced
- ☐ 100 g ground rice
- ☐ 200 g flour plain
- ☐ 397 g condensed milk canned

- ☐ 85 g butter
- ☐ 100 g muscovado sugar light
- ☐ 2 pinches couple sea salt
- ☐ 25 g cornflake
- ☐ 100 g pecan roughly chopped
- ☐ 100 g almond whole toasted

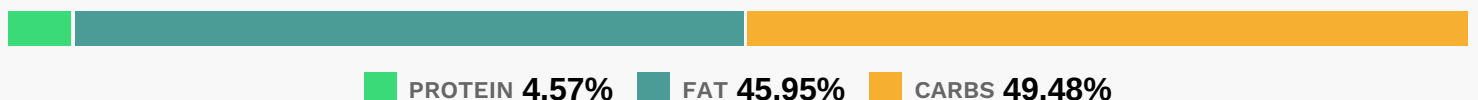
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Put the apples in a saucepan with the lemon juice and 4 tbsp water. Cook gently, partly covered, for 10–15 mins until softened. Taste, adding any sugar if it needs it you want it a little sharp though, to balance the sweetness of the topping. Leave to cool.
- ☐ For the base, whizz everything together in a food processor. (If you dont have one, rub the butter into the flour to crumbs, then stir in the sugar and ground rice.) Line the base of a roughly 18 x 28cm tin with baking parchment, then press the dough into the base.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Bake the base for 20–25 mins until golden.
- ☐ Spread the cooled apples over the base.
- ☐ For the topping, put the condensed milk, butter and sugar in a saucepan.
- ☐ Heat to melt the sugar and butter, then lower the heat and bubble for 10 mins or so until a pale fudge colour. Stir in the salt, cornflakes and nuts. Spoon all over the apples, gently spreading to cover. Return to the oven for another 15–22 mins until the topping is golden and crisp. Cool in the tin, then cut into squares. Can be stored for 1–2 days in an airtight container.

Nutrition Facts



Properties

Glycemic Index:27.19, Glycemic Load:30.39, Inflammation Score:-5, Nutrition Score:8.7230435091516%

Flavonoids

Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 4.05mg, Epicatechin: 4.05mg, Epicatechin: 4.05mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 456.8kcal (22.84%), Fat: 24.08g (37.05%), Saturated Fat: 11.38g (71.1%), Carbohydrates: 58.35g (19.45%), Net Carbohydrates: 55.43g (20.16%), Sugar: 41.06g (45.62%), Cholesterol: 47.51mg (15.84%), Sodium: 203.69mg (8.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.38g (10.77%), Manganese: 0.54mg (26.99%), Vitamin B2: 0.26mg (15.56%), Vitamin E: 2.08mg (13.85%), Phosphorus: 128.28mg (12.83%), Selenium: 8.78µg (12.55%), Vitamin B1: 0.19mg (12.52%), Fiber: 2.91g (11.66%), Vitamin A: 580.5IU (11.61%), Calcium: 97.26mg (9.73%), Magnesium: 35.39mg (8.85%), Copper: 0.18mg (8.82%), Folate: 34.19µg (8.55%), Iron: 1.47mg (8.15%), Vitamin B3: 1.37mg (6.84%), Potassium: 235.48mg (6.73%), Zinc: 0.83mg (5.51%), Vitamin B6: 0.09mg (4.71%), Vitamin C: 3.68mg (4.46%), Vitamin B5: 0.41mg (4.09%), Vitamin B12: 0.2µg (3.3%), Vitamin K: 2.83µg (2.69%)