



Walnut & raisin oatcakes

 Vegetarian

READY IN



35 min.

SERVINGS



40

CALORIES



218 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 tsp double-acting baking powder
- ☐ 4 tbsp milk
- ☐ 175 g butter soft
- ☐ 100 g sugar
- ☐ 300 g oats
- ☐ 140 g flour
- ☐ 50 g raisins roughly chopped
- ☐ 50 g walnuts finely chopped

☐ 40 servings cooking oil for greasing

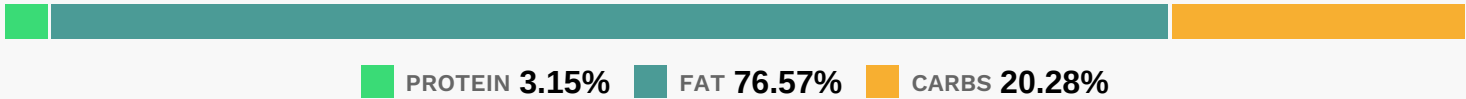
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pastry cutter

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Dissolve the baking powder in the milk. Beat the butter and sugar until pale and creamy, then mix in the oats, flour, raisins, walnuts and milk to make a stiff dough.
- ☐ Tip the dough onto lightly floured surface and roll out until about 1cm thick.
- ☐ Cut into circles with a 5cm pastry cutter, place on an oiled baking sheet, then bake for 15 mins until lightly golden. Leave to cool, then serve with cheese. Can be baked up to 2 days ahead and kept in an airtight container until serving.

Nutrition Facts



Properties

Glycemic Index:9.22, Glycemic Load:4.05, Inflammation Score:-2, Nutrition Score:4.2317392136092%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg

Nutrients (% of daily need)

Calories: 217.87kcal (10.89%), Fat: 19g (29.23%), Saturated Fat: 3.48g (21.78%), Carbohydrates: 11.32g (3.77%), Net Carbohydrates: 10.02g (3.64%), Sugar: 2.69g (2.99%), Cholesterol: 9.59mg (3.2%), Sodium: 32.67mg (1.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.52%), Manganese: 0.46mg (23.04%), Vitamin E: 2.62mg (17.45%), Vitamin K: 10.54µg (10.04%), Selenium: 4.49µg (6.41%), Fiber: 1.3g (5.2%), Phosphorus: 51.7mg (5.17%), Magnesium: 17.77mg (4.44%), Vitamin B1: 0.06mg (3.92%), Copper: 0.07mg (3.38%), Iron: 0.52mg (2.88%), Zinc: 0.42mg (2.77%), Vitamin A: 112.33IU (2.25%), Potassium: 59.04mg (1.69%), Vitamin B6: 0.03mg (1.59%), Vitamin B2: 0.03mg (1.5%), Vitamin B3: 0.29mg (1.44%), Folate: 5.33µg (1.33%), Vitamin B5: 0.12mg (1.23%), Calcium: 11.27mg (1.13%)