



Yule slice



Vegetarian



Dairy Free

READY IN



120 min.

SERVINGS



16

CALORIES



306 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 200 g walnut halves
- ☐ 100 g hazelnuts
- ☐ 50 g almond flour
- ☐ 200 g raisins
- ☐ 100 g dates pitted chopped
- ☐ 200 g apricot dried chopped
- ☐ 140 g pineapple
- ☐ 100 g flour plain

- ☐ 2 tsp spice mixed
- ☐ 0.5 tsp double-acting baking powder
- ☐ 175 g t brown sugar dark
- ☐ 3 eggs
- ☐ 1 tsp vanilla extract

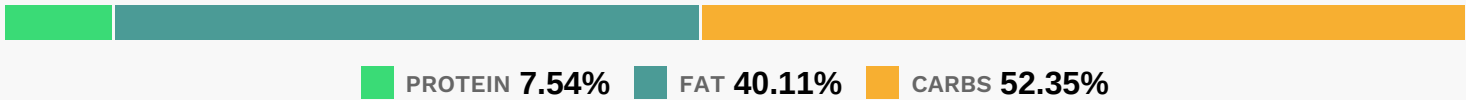
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 150C/fan 130C/gas
- ☐ Line the base and sides of a 1.5-litre loaf tin (a long thin one is best) with baking parchment.
- ☐ Mix the nuts and dried fruit thoroughly in a large bowl using your hands. Sift in the flour, spice and baking powder, then add the sugar and mix everything well. Beat the eggs with the vanilla, then add to the dry mix, turning everything together well until there is no dry mix visible.
- ☐ Turn into the prepared tin and smooth the top.
- ☐ Bake for 1-1 hrs, then cool in the tin for 15 mins. Turn out, peel off the paper and cool on a wire rack. Dust the top thickly with icing sugar, to serve.

Nutrition Facts



Properties

Glycemic Index:25.3, Glycemic Load:14.08, Inflammation Score:-5, Nutrition Score:10.414347866307%

Flavonoids

Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Epigallocatechin 3–gallate: 0.07mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 305.58kcal (15.28%), Fat: 14.54g (22.37%), Saturated Fat: 1.47g (9.16%), Carbohydrates: 42.69g (14.23%), Net Carbohydrates: 38.32g (13.94%), Sugar: 22.92g (25.46%), Cholesterol: 30.69mg (10.23%), Sodium: 35.51mg (1.54%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Protein: 6.15g (12.3%), Manganese: 1.07mg (53.25%), Copper: 0.43mg (21.54%), Fiber: 4.37g (17.46%), Potassium: 430.98mg (12.31%), Iron: 2.1mg (11.66%), Magnesium: 45.18mg (11.3%), Phosphorus: 111.18mg (11.12%), Vitamin E: 1.67mg (11.11%), Vitamin B1: 0.16mg (10.77%), Vitamin A: 505.15IU (10.1%), Folate: 39.18µg (9.8%), Vitamin B6: 0.19mg (9.31%), Selenium: 6.11µg (8.74%), Vitamin B2: 0.13mg (7.88%), Vitamin C: 5.62mg (6.81%), Calcium: 64.7mg (6.47%), Vitamin B3: 1.23mg (6.16%), Zinc: 0.8mg (5.33%), Vitamin B5: 0.42mg (4.23%), Vitamin K: 1.96µg (1.86%), Vitamin B12: 0.07µg (1.22%), Vitamin D: 0.17µg (1.1%)