

Zesty mincemeat

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



80

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 100 g suet
- ☐ 100 g bramley apples finely grated
- ☐ 175 g bramley apples grated
- ☐ 3 tbsp brandy
- ☐ 100 g candied orange peel chopped
- ☐ 500 g fruit mixed dried
- ☐ 1 tbsp almond flour
- ☐ 1 lemon zest

- ☐ 200 g g muscovado sugar light
- ☐ 0.5 nutmeg freshly grated
- ☐ 1 orange zest

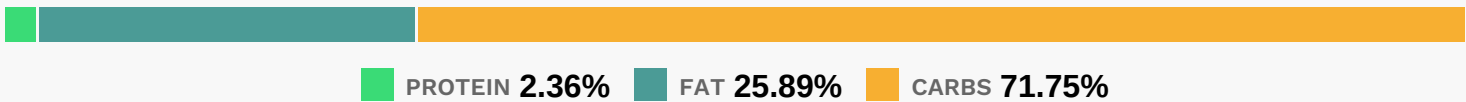
Equipment

- ☐ bowl

Directions

- ☐ Tip all the ingredients, except the suet and ground almonds, into a large bowl and stir really well. Stir in the suet, cover with a plate or cling film and leave overnight for the fruit to plump up in the juices and brandy.Next day, stir thoroughly again, and if the mixture still looks very juicy, add a sprinkling of ground almonds to absorb some of the liquid. Now it is ready to jar. The mincemeat will keep for 6 months, but once open, store in the fridge.

Nutrition Facts



Properties

Glycemic Index:2.25, Glycemic Load:1.18, Inflammation Score:-1, Nutrition Score:0.69000000231292%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 43.59kcal (2.18%), Fat: 1.29g (1.98%), Saturated Fat: 0.67g (4.19%), Carbohydrates: 8.03g (2.68%), Net Carbohydrates: 7.28g (2.65%), Sugar: 6.79g (7.55%), Cholesterol: 0.85mg (0.28%), Sodium: 2.69mg (0.12%), Alcohol: 0.19g (100%), Alcohol %: 1.53% (100%), Protein: 0.26g (0.53%), Fiber: 0.75g (3%), Manganese: 0.04mg (1.83%), Potassium: 50.9mg (1.45%), Calcium: 13.2mg (1.32%), Magnesium: 4.78mg (1.19%), Copper: 0.02mg (1.05%), Vitamin K: 1.1µg (1.05%)