



Baked Plum Pudding Dessert

 Vegetarian

READY IN



50 min.

SERVINGS



12

CALORIES



287 kcal

DESSERT

Ingredients

- ☐ 3 cups unseasoned bread cubes
- ☐ 0.5 cup butter
- ☐ 1 cup currants dried
- ☐ 5 eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 cup golden raisins
- ☐ 0.5 teaspoon ground allspice
- ☐ 2 teaspoons ground cinnamon

- ☐ 0.5 teaspoon ground cloves
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 teaspoon pumpkin pie spice
- ☐ 0.8 cup sugar white

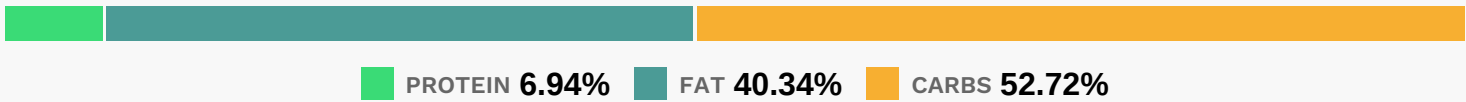
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Cream together butter and sugar. Beat in eggs, one at a time, until fully incorporated. In a separate bowl, toss currants, raisins and pecans with flour. Fold into butter mixture. Fold in bread, cinnamon, allspice, cloves and pumpkin pie spice.
- ☐ Pour into an 8x8 inch baking dish.
- ☐ Bake in preheated oven 40 minutes, until set.

Nutrition Facts



Properties

Glycemic Index:30.45, Glycemic Load:20.03, Inflammation Score:-3, Nutrition Score:7.1873912759449%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 287.02kcal (14.35%), Fat: 13.48g (20.74%), Saturated Fat: 5.86g (36.59%), Carbohydrates: 39.64g (13.21%), Net Carbohydrates: 37.38g (13.59%), Sugar: 28.18g (31.31%), Cholesterol: 88.54mg (29.51%), Sodium: 160.19mg (6.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.44%), Manganese: 0.6mg (29.93%), Selenium: 10.41µg (14.87%), Vitamin B2: 0.17mg (10.25%), Phosphorus: 96.15mg (9.62%), Fiber: 2.26g (9.04%), Copper: 0.17mg (8.61%), Iron: 1.48mg (8.21%), Vitamin B1: 0.12mg (8.05%), Potassium: 253.94mg (7.26%), Vitamin A: 348.73IU (6.97%), Vitamin B6: 0.13mg (6.64%), Vitamin B3: 1.23mg (6.16%), Folate: 24.6µg (6.15%), Magnesium: 22.95mg (5.74%), Calcium: 55.38mg (5.54%), Vitamin B5: 0.47mg (4.72%), Zinc: 0.7mg (4.64%), Vitamin E: 0.55mg (3.65%), Vitamin B12: 0.18µg (2.99%), Vitamin K: 2.63µg (2.5%), Vitamin D: 0.37µg (2.44%), Vitamin C: 1.09mg (1.33%)