



Black cap puddings

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



534 kcal

DESSERT

Ingredients

- 100 g raisins
- 4 tbsp golden syrup for drizzling
- 100 g self-raising flour
- 100 g butter cut in pieces room temperature
- 100 g caster sugar
- 2 eggs
- 1 lemon zest finely grated
- 1 tsp milk

6 servings custard sauce

Equipment

food processor

microwave

Directions

Lightly butter and flour 6 x 125ml non-metallic pudding moulds (see the steps by clicking the link in the photo above). Divide the raisins evenly between each one, then drizzle with 2 tps golden syrup. Put flour, butter, sugar, eggs and lemon zest in a food processor and mix for 1-2 mins until smooth. If the mix is a bit thick, soften with milk. Spoon the sponge mix on top of the raisins, taking care not to fill them more than half full or they will spill over when cooked. Cover each one loosely with cling film leaving room for expansion, then pierce the film.

Microwave three sponges at a time on High for 2-2 mins until they are firm on top, risen and coming away from the sides or steam for 30 mins. Stand for 1 min. Meanwhile, warm some golden syrup.

Unwrap the puddings and turn out onto plates.

Drizzle over the syrup and serve.

Nutrition Facts



Properties

Glycemic Index:63.92, Glycemic Load:42.91, Inflammation Score:-5, Nutrition Score:10.90391319731%

Nutrients (% of daily need)

Calories: 534.06kcal (26.7%), Fat: 21g (32.31%), Saturated Fat: 11.98g (74.86%), Carbohydrates: 78.51g (26.17%), Net Carbohydrates: 76.88g (27.95%), Sugar: 35.24g (39.16%), Cholesterol: 162.4mg (54.13%), Sodium: 251.98mg (10.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.07g (20.15%), Selenium: 19.97µg (28.53%), Vitamin B2: 0.43mg (25.2%), Phosphorus: 245.97mg (24.6%), Calcium: 217.9mg (21.79%), Vitamin A: 754.5IU (15.09%), Vitamin B12: 0.9µg (14.94%), Potassium: 473.46mg (13.53%), Vitamin D: 1.99µg (13.3%), Vitamin B5: 1.32mg (13.16%), Manganese: 0.19mg (9.56%), Magnesium: 34.07mg (8.52%), Vitamin B1: 0.13mg (8.39%), Vitamin B6: 0.16mg (7.77%), Iron: 1.34mg (7.43%), Zinc: 1.1mg (7.35%), Copper: 0.14mg (6.78%), Fiber: 1.64g (6.56%), Folate: 26.21µg (6.55%), Vitamin E: 0.69mg (4.63%), Vitamin C: 2.33mg (2.83%), Vitamin B3: 0.56mg (2.81%), Vitamin K: 1.55µg

(1.47%)