

# Black Pudding

 Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



614 kcal

## Ingredients

- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 4 cups blood oranges fresh
- ☐ 1 teaspoon ground allspice
- ☐ 1 cup milk
- ☐ 2 cups suet diced finely chopped finely (or beef suet)
- ☐ 2.5 teaspoons salt
- ☐ 1.5 cups irish oats (pinhead)
- ☐ 1 large onion yellow finely chopped

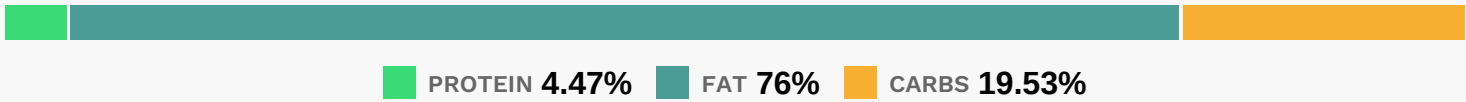
## Equipment

- ☐ bowl
- ☐ oven
- ☐ sieve
- ☐ plastic wrap
- ☐ loaf pan
- ☐ aluminum foil

## Directions

- ☐ Preheat the oven to 325°F and grease 2 glass loaf pans. (If you don't have glass loaf pans, line metal loaf pans with parchment to keep the blood sausage from reacting with the metal and creating an off-flavor.) Stir 1 teaspoon of salt into the blood.
- ☐ Bring 2 1/2 cups water to a boil and stir in the oats. Simmer, stirring occasionally, for 15 minutes, until just tender, not mushy.
- ☐ Pour the blood through a fine sieve into a large bowl to remove any lumps. Stir in the fat, onion, milk, pepper, allspice and remaining 1 1/2 teaspoons salt.
- ☐ Add the oatmeal and mix to combine. Divide the mixture between the loaf pans, cover with foil, and bake for 1 hour, until firm. Cool completely. Seal in plastic wrap and wither freeze for extended use or store in the refrigerator for up to a week.
- ☐ To serve, cut a slice about 1/2-inch thick off the loaf. Fry in butter or oil until the edges are slightly crisped and browned.
- ☐ From Real Irish Food by David Bowers, © 2012 Skyhorse Publishing

## Nutrition Facts



## Properties

Glycemic Index:23.5, Glycemic Load:12.44, Inflammation Score:-4, Nutrition Score:7.2143477512443%

## Flavonoids

Hesperetin: 21.8mg, Hesperetin: 21.8mg, Hesperetin: 21.8mg, Hesperetin: 21.8mg Naringenin: 12.26mg, Naringenin: 12.26mg, Naringenin: 12.26mg, Naringenin: 12.26mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg Kaempferol:

0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 613.88kcal (30.69%), Fat: 52.3g (80.46%), Saturated Fat: 28.3g (176.86%), Carbohydrates: 30.24g (10.08%), Net Carbohydrates: 24.97g (9.08%), Sugar: 9.49g (10.55%), Cholesterol: 39mg (13%), Sodium: 660.85mg (28.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.93g (13.86%), Vitamin C: 43.88mg (53.19%), Fiber: 5.27g (21.08%), Calcium: 86.91mg (8.69%), Iron: 1.36mg (7.57%), Folate: 27.83µg (6.96%), Vitamin B1: 0.1mg (6.45%), Potassium: 225.1mg (6.43%), Vitamin E: 0.95mg (6.35%), Phosphorus: 52.08mg (5.21%), Vitamin B6: 0.1mg (5.09%), Vitamin B12: 0.29µg (4.81%), Vitamin B2: 0.08mg (4.79%), Manganese: 0.09mg (4.69%), Vitamin A: 227.28IU (4.55%), Magnesium: 14.33mg (3.58%), Vitamin B5: 0.36mg (3.57%), Copper: 0.05mg (2.63%), Vitamin K: 2.59µg (2.46%), Zinc: 0.32mg (2.13%), Vitamin B3: 0.42mg (2.1%), Vitamin D: 0.3µg (1.99%), Selenium: 1.13µg (1.61%)