



WHATSheATE



Blackberry & apple Yorkshire puddings



Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



363 kcal

SIDE DISH

Ingredients

- ☐ 25 g butter
- ☐ 140 g brown sugar
- ☐ 4 apples good cored peeled cut into bite-size chunks (Cox's are)
- ☐ 1 egg whites
- ☐ 2 eggs
- ☐ 140 g flour plain
- ☐ 200 ml milk
- ☐ 150 g blackberries

☐ 2 tbsp unrefined sunflower oil

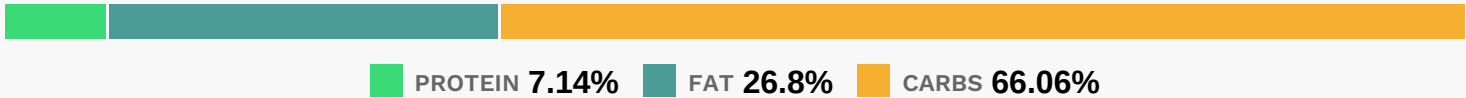
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 240C/fan 220C/gas
- ☐ Heat the butter and 100g of the sugar in a frying pan, throw in the apples and cook over a high heat for 3–4 mins until slightly caramelised and just starting to soften. Set aside.
- ☐ In a clean bowl, whisk the egg white until frothy, then whisk in the rest of the sugar, the whole eggs, the flour and the milk. Stir the apples and the blackberries into the batter.
- ☐ Place a 6-hole non-stick Yorkshire pudding tin over a high heat and add a splash of oil to each hole. Spoon a large ladleful of batter into each hole, making sure all the fruit is used.
- ☐ Put the tin in the oven and leave for 15 mins, without opening the door, until puffed up and golden.
- ☐ Remove from the oven and carefully place each pudding onto a plate.
- ☐ Serve immediately with custard or vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:36.67, Glycemic Load:18.19, Inflammation Score:-5, Nutrition Score:10.468695640564%

Flavonoids

Cyanidin: 26.89mg, Cyanidin: 26.89mg, Cyanidin: 26.89mg, Cyanidin: 26.89mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 10.84mg, Catechin: 10.84mg, Catechin: 10.84mg, Catechin: 10.84mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 10.3mg, Epicatechin:

10.3mg, Epicatechin: 10.3mg, Epicatechin: 10.3mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.4mg, Epigallocatechin 3–gallate: 0.4mg, Epigallocatechin 3–gallate: 0.4mg, Epigallocatechin 3–gallate: 0.4mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 362.77kcal (18.14%), Fat: 11.11g (17.09%), Saturated Fat: 3.77g (23.59%), Carbohydrates: 61.59g (20.53%), Net Carbohydrates: 56.73g (20.63%), Sugar: 38.28g (42.53%), Cholesterol: 67.64mg (22.55%), Sodium: 77.45mg (3.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.66g (13.31%), Selenium: 14.49µg (20.7%), Fiber: 4.87g (19.47%), Manganese: 0.38mg (19.2%), Vitamin E: 2.71mg (18.07%), Vitamin B2: 0.29mg (17.13%), Vitamin B1: 0.23mg (15.62%), Folate: 60.04µg (15.01%), Vitamin C: 10.83mg (13.13%), Phosphorus: 110.49mg (11.05%), Iron: 1.81mg (10.06%), Calcium: 89.24mg (8.92%), Potassium: 307.28mg (8.78%), Vitamin B3: 1.73mg (8.65%), Vitamin K: 8.38µg (7.98%), Vitamin A: 358.04IU (7.16%), Copper: 0.13mg (6.53%), Vitamin B5: 0.64mg (6.43%), Magnesium: 24.82mg (6.2%), Vitamin B6: 0.12mg (6.17%), Vitamin B12: 0.33µg (5.46%), Zinc: 0.69mg (4.58%), Vitamin D: 0.67µg (4.48%)