



Blueberry & coconut pudding

 Vegetarian

READY IN



60 min.

SERVINGS



2

CALORIES



669 kcal

DESSERT

Ingredients

- ☐ 50 g sugar
- ☐ 50 g butter soft
- ☐ 1 large eggs
- ☐ 50 g self raising flour
- ☐ 50 g coconut flakes
- ☐ 50 g crème fraîche
- ☐ 1 lemon zest
- ☐ 180 g blueberries

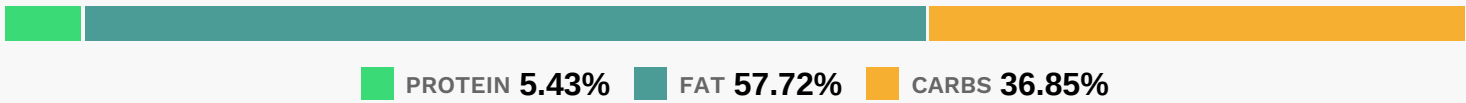
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Beat the sugar and butter until pale and creamy, then beat in the egg. Stir in the flour, coconut, crme frache and lemon zest.
- ☐ Put most of the blueberries in a baking dish (about 18cm square-ish) and squeeze over the juice from half the lemon. Dollop on the cake mixture and scatter over the remaining blueberries and 2 tsp coconut.
- ☐ Bake for 35-40 mins until golden, risen and the sponge is cooked.
- ☐ Serve with a dollop more crme frache.

Nutrition Facts



Properties

Glycemic Index:113.55, Glycemic Load:33.56, Inflammation Score:-7, Nutrition Score:14.061739092288%

Flavonoids

Cyanidin: 7.61mg, Cyanidin: 7.61mg, Cyanidin: 7.61mg, Cyanidin: 7.61mg Petunidin: 28.38mg, Petunidin: 28.38mg, Petunidin: 28.38mg, Petunidin: 28.38mg Delphinidin: 31.89mg, Delphinidin: 31.89mg, Delphinidin: 31.89mg, Delphinidin: 31.89mg Malvidin: 60.83mg, Malvidin: 60.83mg, Malvidin: 60.83mg, Malvidin: 60.83mg Peonidin: 18.26mg, Peonidin: 18.26mg, Peonidin: 18.26mg, Peonidin: 18.26mg Catechin: 4.76mg, Catechin: 4.76mg, Catechin: 4.76mg, Catechin: 4.76mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

Nutrients (% of daily need)

Calories: 668.71kcal (33.44%), Fat: 44.44g (68.36%), Saturated Fat: 30.55g (190.93%), Carbohydrates: 63.83g (21.28%), Net Carbohydrates: 56.67g (20.61%), Sugar: 36.91g (41.02%), Cholesterol: 161.5mg (53.83%), Sodium: 215.08mg (9.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.4g (18.8%), Manganese: 1.2mg (59.87%), Selenium: 23.66µg (33.8%), Fiber: 7.15g (28.61%), Vitamin A: 966.1IU (19.32%), Vitamin K: 19.72µg (18.78%), Copper: 0.32mg (16.14%), Phosphorus: 161.41mg (16.14%), Vitamin C: 13.2mg (16%), Vitamin B2: 0.25mg (14.64%), Vitamin E: 1.67mg (11.12%), Magnesium: 40.6mg (10.15%), Iron: 1.8mg (10.02%), Vitamin B6: 0.19mg (9.49%), Vitamin B5: 0.93mg (9.25%), Potassium: 307.1mg (8.77%), Zinc: 1.3mg (8.64%), Folate: 30.29µg (7.57%), Calcium: 65.17mg (6.52%), Vitamin B1: 0.09mg (5.76%), Vitamin B12: 0.32µg (5.29%), Vitamin B3: 0.84mg (4.21%), Vitamin D: 0.5µg (3.33%)