



Chocolate amaretti puddings

READY IN



50 min.

SERVINGS



8

CALORIES



938 kcal

DESSERT

Ingredients

- ☐ 200 g butter for the tins
- ☐ 200 g chocolate plain 70% (cocoa solids)
- ☐ 4 eggs room temperature ()
- ☐ 200 g t brown sugar dark
- ☐ 140 g almond flour
- ☐ 25 g flour plain for dusting
- ☐ 1 tsp double-acting baking powder
- ☐ 4 tbsp amaretto
- ☐ 10 amaretti cookies

- ☐ 5 tbsp double cream
- ☐ 140 g golden syrup
- ☐ 100 g chocolate bar plain 70% (cocoa solids)
- ☐ 2 tbsp amaretto
- ☐ 8 servings almonds salted well (see 'Goes with' below)

Equipment

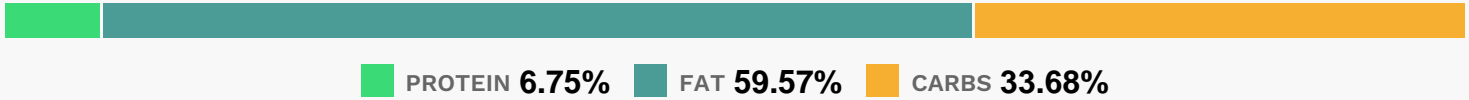
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ aluminum foil
- ☐ microwave
- ☐ skewers

Directions

- ☐ Heat oven to 200C/fan 180C/gas 6 and put on a full kettle. Have a large roasting tin ready. Butter 10 squares of foil, each about 15 x 15cm. Butter 10 x 200ml mini pudding tins, dust with flour, then tap out the excess.
- ☐ Cut 10 small circles of baking paper to fit the bottoms and drop one into each tin.
- ☐ Melt the butter and chocolate together in a pan, heating gently and stirring every so often. Set aside to cool. Meanwhile, put the eggs and sugar into a large bowl and whisk with electric beaters for 10 mins, or until the mix is thick and foamy and holds a trail for a few seconds.
- ☐ Mix the ground almonds, flour and baking powder together. Splash 1 tbsp amaretto over the biscuits. Fold the cooled chocolate mix into the whisked egg and sugar using a large metal spoon. Follow with the flour mix, then work in the amaretto.
- ☐ Fill the tins one-third full, then drop in an amaretti biscuit and top up with mix, leaving a 1cm gap between the top of the mix and the edge of the tins. Loosely scrunch a foil square over the top of each tin.

- ☐
- Put the tins in the roasting pan and pour hot water around it should come about halfway up the sides of the puddings.
- ☐
- Bake for 30 mins, then insert a skewer into one; a few damp crumbs should stick to the skewer you dont want the puds to be totally dry.
- ☐
- Meanwhile, make the fudgy sauce. Melt all of the ingredients together in a heavy-based pan, stirring until the sugar dissolves. Set aside. Keep in the fridge for up to 2 days,then reheat on the hob or in the microwave on High for 1 min. To serve the puddings, turn onto plates and spoon over some of the sauce, allowing it to ooze over the edges.
- ☐
- Sprinkle with shards of Salted almond brittle and serve straight away.

Nutrition Facts



Properties

Glycemic Index:44.45, Glycemic Load:17.74, Inflammation Score:-7, Nutrition Score:19.083043474542%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 937.61kcal (46.88%), Fat: 63.62g (97.88%), Saturated Fat: 25.58g (159.89%), Carbohydrates: 80.94g (26.98%), Net Carbohydrates: 72.31g (26.3%), Sugar: 64.03g (71.14%), Cholesterol: 146.56mg (48.85%), Sodium: 285.98mg (12.43%), Alcohol: 2.92g (100%), Alcohol %: 1.81% (100%), Caffeine: 29.42mg (9.81%), Protein: 16.22g (32.45%), Vitamin E: 8.72mg (58.12%), Manganese: 1.1mg (54.9%), Magnesium: 144.98mg (36.24%), Copper: 0.71mg (35.55%), Fiber: 8.62g (34.5%), Vitamin B2: 0.56mg (32.66%), Phosphorus: 292.2mg (29.22%), Iron: 4.81mg (26.75%), Calcium: 212.2mg (21.22%), Vitamin A: 886.54IU (17.73%), Selenium: 11.46µg (16.37%), Zinc: 2.09mg (13.91%), Potassium: 467.13mg (13.35%), Vitamin B3: 1.65mg (8.23%), Folate: 31.38µg (7.85%), Vitamin B1: 0.11mg (7.18%), Vitamin B5: 0.65mg (6.46%), Vitamin B6: 0.11mg (5.48%), Vitamin B12: 0.29µg (4.8%), Vitamin K: 4.61µg (4.39%), Vitamin D: 0.59µg (3.93%)