



Cranberry-crowned pud with white chocolate custard

READY IN



125 min.

SERVINGS



8

CALORIES



716 kcal

DESSERT

Ingredients

- ☐ 175 g cranberry fresh
- ☐ 200 g redcurrant jelly
- ☐ 50 g golden caster sugar
- ☐ 175 g self-raising flour
- ☐ 1 tsp double-acting baking powder
- ☐ 200 g golden caster sugar
- ☐ 4 eggs
- ☐ 8 servings seeds from a vanilla pod

- ☐ 200 g butter
- ☐ 500 ml pot vanilla custard fresh
- ☐ 100 g chocolate white

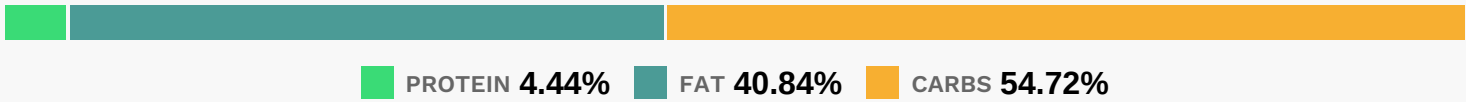
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Put 100g cranberries in a saucepan with the redcurrant jelly and sugar. Simmer for 5 mins, then leave to cool. Meanwhile, put a pan of water on to simmer and butter a 1.4 litre/2 pint basin. Butter a large sheet of baking paper, sit on a same-size sheet of foil and fold a leat in the middle. Beat all the sponge ingredients together, then stir in the remaining cranberries. Spoon a third of the cranberry and redcurrant mix into the bowl, then spoon the sponge mix on top.
- ☐ Cover with the paper and foil, tie with string and steam, lid on, for 1 hrs. To serve, reheat the cranberry mix and pour over the top of the turned-out pudding. Can be made up to 2 days ahead and re-steamed for 30 mins or microwaved for 5 mins on High. 3 To make the custard, put the chocolate into a microwave-proof bowl, add the custard and heat according to pack instructions, stirring every 30 secs until the chocolate has melted.

Nutrition Facts



Properties

Glycemic Index:47.38, Glycemic Load:25.74, Inflammation Score:-5, Nutrition Score:8.1143478206966%

Flavonoids

Cyanidin: 10.16mg, Cyanidin: 10.16mg, Cyanidin: 10.16mg, Cyanidin: 10.16mg Delphinidin: 1.68mg, Delphinidin: 1.68mg, Delphinidin: 1.68mg, Delphinidin: 1.68mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 10.75mg, Peonidin: 10.75mg, Peonidin: 10.75mg, Peonidin: 10.75mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.45mg, Myricetin: 1.45mg, Myricetin: 1.45mg, Myricetin: 1.45mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 716.27kcal (35.81%), Fat: 26.97g (41.49%), Saturated Fat: 16.03g (100.17%), Carbohydrates: 81.31g (27.1%), Net Carbohydrates: 79.69g (28.98%), Sugar: 57.86g (64.29%), Cholesterol: 138.21mg (46.07%), Sodium: 286.76mg (12.47%), Alcohol: 18.9g (100%), Alcohol %: 11.09% (100%), Protein: 6.6g (13.2%), Selenium: 17.15µg (24.5%), Manganese: 0.42mg (20.78%), Vitamin A: 760.86IU (15.22%), Vitamin B2: 0.23mg (13.71%), Calcium: 119mg (11.9%), Phosphorus: 117.08mg (11.71%), Vitamin E: 1.34mg (8.91%), Copper: 0.15mg (7.74%), Potassium: 253.74mg (7.25%), Vitamin B5: 0.67mg (6.67%), Fiber: 1.61g (6.45%), Vitamin C: 5.32mg (6.45%), Iron: 1.14mg (6.34%), Folate: 22.47µg (5.62%), Magnesium: 21.98mg (5.5%), Vitamin B12: 0.31µg (5.14%), Vitamin B6: 0.1mg (4.89%), Zinc: 0.69mg (4.6%), Vitamin K: 4.11µg (3.92%), Vitamin B1: 0.05mg (3.21%), Vitamin B3: 0.64mg (3.19%), Vitamin D: 0.44µg (2.93%)