



Cranberry, maple & pecan pudding



Vegetarian



Gluten Free



Dairy Free

READY IN



210 min.

SERVINGS



6

CALORIES



711 kcal

DESSERT

Ingredients

- ☐ 100 g dates chopped
- ☐ 100 g raisins
- ☐ 100 g cranberries dried
- ☐ 170 g flour gluten-free
- ☐ 1 tsp double-acting baking powder gluten-free
- ☐ 100 g pecans roughly chopped
- ☐ 2 tsp spice mixed
- ☐ 2 orange juice grated

- ☐ 100 g t brown sugar dark
- ☐ 5 tbsp maple syrup
- ☐ 2 eggs beaten
- ☐ 100 ml unrefined sunflower oil
- ☐ 6 servings cooking oil for greasing
- ☐ 100 g cranberries fresh

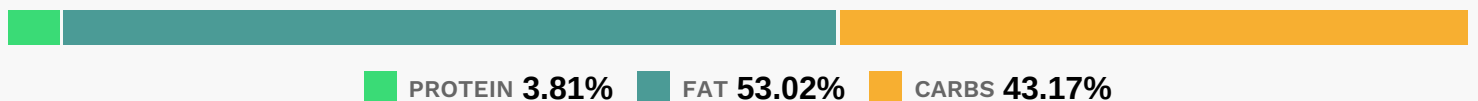
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Put all the ingredients for the pudding into a big bowl and stir together until well mixed. Dont be put off by the consistency of the mixture it is quite wet. Lightly oil a 1.5 litre pudding basin. Tip the mixture into this and press down. Make a cover for the pudding basin using a double layer each of oiled greaseproof paper and aluminium foil. Make a pleat in the middle of these sheets to allow for expansion of the pudding. Press it over the top of the pudding basin and secure it well with a double piece of string. Use a little extra string to make a handle for ease of lifting in and out of the boiling water.
- ☐ Cook the pudding in a large pan with a well-fitting lid. There should be enough boiling water to come two-thirds up the sides of the basin at all times so keep an eye on it. Cook the pudding for 3 hrs.
- ☐ To make the topping, cook the cranberries in the maple syrup until they burst open and become syrupy. Once the pudding is cooked, remove the cover and carefully tip it onto a large serving plate. Spoon the hot cranberry and maple syrup over the top and serve straight away.

Nutrition Facts



Properties

Glycemic Index:65.22, Glycemic Load:19.52, Inflammation Score:-4, Nutrition Score:15.779130292975%

Flavonoids

Cyanidin: 17.55mg, Cyanidin: 17.55mg, Cyanidin: 17.55mg, Cyanidin: 17.55mg Delphinidin: 3.77mg, Delphinidin: 3.77mg, Delphinidin: 3.77mg, Delphinidin: 3.77mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.39mg, Peonidin: 16.39mg, Peonidin: 16.39mg, Peonidin: 16.39mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 1.59mg, Epicatechin: 1.59mg, Epicatechin: 1.59mg, Epicatechin: 1.59mg Epigallocatechin 3-gallate: 0.71mg, Epigallocatechin 3-gallate: 0.71mg, Epigallocatechin 3-gallate: 0.71mg, Epigallocatechin 3-gallate: 0.71mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 2.22mg, Myricetin: 2.22mg, Myricetin: 2.22mg, Myricetin: 2.22mg Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg

Nutrients (% of daily need)

Calories: 710.64kcal (35.53%), Fat: 43.92g (67.58%), Saturated Fat: 4.12g (25.75%), Carbohydrates: 80.47g (26.82%), Net Carbohydrates: 72.51g (26.37%), Sugar: 41.44g (46.05%), Cholesterol: 54.56mg (18.19%), Sodium: 114.47mg (4.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.11g (14.21%), Manganese: 1.46mg (73.24%), Vitamin E: 9.62mg (64.1%), Fiber: 7.96g (31.83%), Vitamin B2: 0.36mg (20.9%), Vitamin C: 15.97mg (19.36%), Copper: 0.33mg (16.69%), Iron: 2.66mg (14.75%), Calcium: 134.17mg (13.42%), Potassium: 466.31mg (13.32%), Vitamin K: 13.76µg (13.11%), Phosphorus: 123.36mg (12.34%), Vitamin B1: 0.18mg (11.8%), Magnesium: 44.41mg (11.1%), Selenium: 6.05µg (8.65%), Zinc: 1.2mg (8%), Vitamin B6: 0.16mg (7.76%), Vitamin B5: 0.63mg (6.33%), Folate: 20.89µg (5.22%), Vitamin B3: 0.76mg (3.82%), Vitamin A: 151.94IU (3.04%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.29µg (1.96%)