



## Easter puddings

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



477 kcal

DESSERT

## Ingredients

- ☐ 175 g butter unsalted softened for greasing
- ☐ 175 g self raising flour
- ☐ 140 g brown sugar light soft
- ☐ 1 lemon zest
- ☐ 1 orange zest
- ☐ 2 eggs beaten
- ☐ 25 g candied cherries quartered
- ☐ 25 g golden raisins

- ☐ 25 g currants
- ☐ 25 g candied orange peel mixed

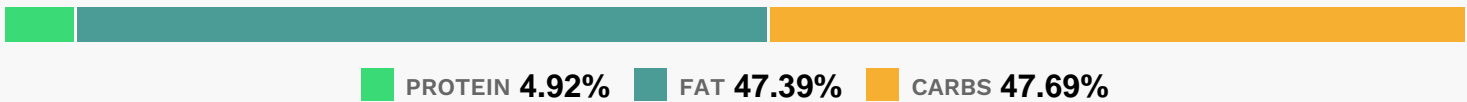
## Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ microwave
- ☐ skewers

## Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Butter 6 individual puddings basins or dariole moulds and line the bottom of each with a small circle of baking parchment. Sit them in a deep roasting tin and boil the kettle.
- ☐ Place the butter, flour, sugar and zests and eggs into a bowl with a pinch of salt.
- ☐ Whisk with an electric hand whisk until just combined. Stir in the dried fruit, then divide between the moulds. Carefully pour hot water from the kettle into the tin until it comes about one-third to halfway up the sides of the moulds.
- ☐ Bake for 25–30 mins until a skewer pushed in comes out clean.
- ☐ Serve straight away. If making ahead, leave the puds to cool, cover for up to a day, then turn out of the moulds into a microwave-proof dish and microwave, three at a time, for 1–2 mins on High until hot. Turn out the puddings, pour over some of the Nutmeg custard (see recipe, below) and add a grating of nutmeg, if you like.

## Nutrition Facts



## Properties

Glycemic Index:24.78, Glycemic Load:16.24, Inflammation Score:-5, Nutrition Score:6.1673913416655%

## Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 477.47kcal (23.87%), Fat: 25.59g (39.36%), Saturated Fat: 15.52g (97.02%), Carbohydrates: 57.94g (19.31%), Net Carbohydrates: 56.47g (20.53%), Sugar: 33.2g (36.89%), Cholesterol: 117.27mg (39.09%), Sodium: 37.65mg (1.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.97g (11.95%), Selenium: 16.76µg (23.95%), Vitamin A: 821.39IU (16.43%), Manganese: 0.29mg (14.41%), Phosphorus: 74.93mg (7.49%), Vitamin B2: 0.11mg (6.52%), Vitamin E: 0.97mg (6.44%), Fiber: 1.47g (5.89%), Copper: 0.11mg (5.54%), Vitamin C: 4.34mg (5.26%), Calcium: 50.14mg (5.01%), Vitamin D: 0.73µg (4.87%), Iron: 0.87mg (4.86%), Folate: 18.9µg (4.72%), Potassium: 159.07mg (4.54%), Vitamin B5: 0.44mg (4.36%), Vitamin B6: 0.08mg (3.86%), Magnesium: 15.45mg (3.86%), Zinc: 0.51mg (3.39%), Vitamin B12: 0.18µg (3%), Vitamin B1: 0.04mg (2.71%), Vitamin B3: 0.48mg (2.39%), Vitamin K: 2.47µg (2.35%)