



Ginger & caramel apple puddings

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



618 kcal

DESSERT

Ingredients

- ☐ 50 g butter for the ramekins
- ☐ 1 large apples cored peeled finely chopped
- ☐ 75 g muscovado sugar light
- ☐ 140 g butter softened
- ☐ 100 g muscovado sugar light
- ☐ 1 eggs
- ☐ 125 ml buttermilk
- ☐ 2 balls ginger finely chopped

- ☐ 100 g flour plain for dusting
- ☐ 1.5 tbsp ground ginger
- ☐ 0.5 tsp double-acting baking powder
- ☐ 0.5 tsp baking soda
- ☐ 6 servings custard sauce

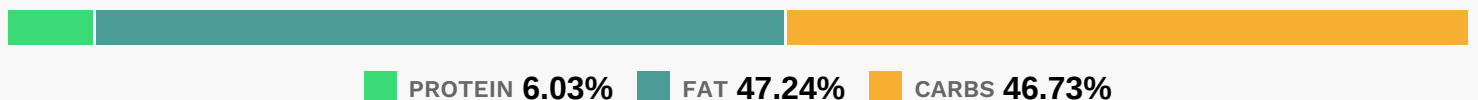
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Lightly butter and flour 6 x 8cm deep ramekins, tapping out excess flour.
- ☐ Heat the butter in a pan until foaming, add the apple and cook for 1 min on a medium heat. Toss in the sugar and cook until dissolved. Divide between the ramekins.
- ☐ For the puddings, beat the butter and sugar together with an electric whisk until fully combined. In a separate bowl, mix together the egg, buttermilk, chopped ginger and ginger syrup, then stir this into the butter mixture. Fold in the flour, ground ginger, baking powder, bicarbonate of soda and a pinch of salt. Divide between the ramekins so they are filled to 1cm below the top.
- ☐ Place them on a baking tray and bake for 20 mins, until golden and risen.
- ☐ Serve warm, dusted with icing sugar. Accompany with cream or custard.

Nutrition Facts



Properties

Glycemic Index:63.6, Glycemic Load:20.07, Inflammation Score:-6, Nutrition Score:13.588260930517%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 618.31kcal (30.92%), Fat: 33g (50.77%), Saturated Fat: 19.84g (124.02%), Carbohydrates: 73.48g (24.49%), Net Carbohydrates: 71.94g (26.16%), Sugar: 40.13g (44.58%), Cholesterol: 169.6mg (56.53%), Sodium: 509.44mg (22.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.47g (18.95%), Manganese: 0.59mg (29.59%), Vitamin B2: 0.49mg (28.54%), Calcium: 285mg (28.5%), Selenium: 18.54µg (26.48%), Phosphorus: 257.33mg (25.73%), Vitamin A: 1142.9IU (22.86%), Vitamin B1: 0.24mg (15.89%), Vitamin B12: 0.95µg (15.83%), Vitamin D: 2.11µg (14.09%), Vitamin B5: 1.35mg (13.54%), Potassium: 453.13mg (12.95%), Folate: 50.26µg (12.56%), Iron: 1.95mg (10.82%), Magnesium: 37.37mg (9.34%), Vitamin B6: 0.15mg (7.72%), Zinc: 1.11mg (7.41%), Vitamin B3: 1.4mg (7.01%), Vitamin E: 0.99mg (6.59%), Fiber: 1.53g (6.13%), Copper: 0.11mg (5.38%), Vitamin K: 3.46µg (3.3%), Vitamin C: 1.88mg (2.27%)