



Gingerbread Christmas Pudding with Orange Hard Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



409 kcal

DESSERT

Ingredients

- ☐ 2.8 cups flour
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 tablespoons brandy
- ☐ 3 large eggs
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 teaspoon ground cloves

- ☐ 1 tablespoon ground ginger
- ☐ 0.3 cup blackstrap molasses light ()
- ☐ 0.5 cup orange marmalade
- ☐ 1 teaspoon orange zest grated
- ☐ 1.5 cups powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 6 tablespoons butter unsalted room temperature ()

Equipment

- ☐ bowl
- ☐ pot
- ☐ hand mixer
- ☐ aluminum foil
- ☐ kugelhopf pan
- ☐ oven mitt

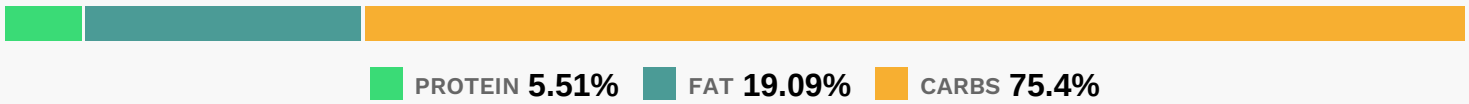
Directions

- ☐ Combine all ingredients in small bowl; stir to blend well. (Can be made 4 days ahead. Cover and refrigerate. Bring to room temperature before serving.)
- ☐ Coat inside and center tube of 6- to 8-cup pudding mold or Bundt cake pan with nonstick spray, then generously with butter. Sift flour and next 6 ingredients into medium bowl. Using electric mixer, beat sugar and butter in large bowl until well blended. Beat in eggs, 1 at a time, then marmalade, molasses and orange peel.
- ☐ Add flour mixture and beat just until blended.
- ☐ Transfer batter to prepared mold. Cover mold tightly with foil.
- ☐ Place steamer rack in large pot.
- ☐ Place pudding mold on rack. Fill pot with enough water to come halfway up sides of mold. Bring water to boil. Reduce heat to medium. Cover pot and steam pudding until tester inserted near center comes out clean, adding more boiling water as needed to maintain level,

about 1 hour 15 minutes. Using oven mitts as aid, remove mold from pot. Uncover and let stand 10 minutes.

- ☐
- Cut around top center and sides of pudding to loosen. Turn pudding out onto rack and cool 20 minutes. (Can be made 1 day ahead. Cool completely. Return to mold; cover and chill. Resteam 45 minutes to heat through, then turn out of mold.)
- ☐
- Transfer pudding to platter.
- ☐
- Cut pudding into wedges; serve with sauce.

Nutrition Facts



Properties

Glycemic Index:30.11, Glycemic Load:32.33, Inflammation Score:-4, Nutrition Score:8.8873913547267%

Nutrients (% of daily need)

Calories: 408.5kcal (20.43%), Fat: 8.67g (13.33%), Saturated Fat: 4.86g (30.35%), Carbohydrates: 77.02g (25.67%), Net Carbohydrates: 75.66g (27.51%), Sugar: 48.65g (54.05%), Cholesterol: 73.86mg (24.62%), Sodium: 249.24mg (10.84%), Alcohol: 1g (100%), Alcohol %: 1.06% (100%), Protein: 5.63g (11.25%), Manganese: 0.64mg (31.99%), Selenium: 18.43µg (26.33%), Vitamin B1: 0.28mg (18.76%), Folate: 71.81µg (17.95%), Vitamin B2: 0.25mg (14.89%), Iron: 2.49mg (13.81%), Vitamin B3: 2.19mg (10.94%), Phosphorus: 82.17mg (8.22%), Magnesium: 31.83mg (7.96%), Calcium: 68.05mg (6.8%), Copper: 0.12mg (6.21%), Vitamin A: 303.09IU (6.06%), Potassium: 198.5mg (5.67%), Fiber: 1.36g (5.45%), Vitamin B6: 0.1mg (5.24%), Vitamin B5: 0.46mg (4.65%), Zinc: 0.5mg (3.36%), Vitamin D: 0.43µg (2.84%), Vitamin E: 0.4mg (2.65%), Vitamin B12: 0.15µg (2.46%), Vitamin C: 1.06mg (1.28%)