



Gluten Free Casein Free Christmas Pudding

 Dairy Free

READY IN



330 min.

SERVINGS



2

CALORIES



2238 kcal

Ingredients

- ☐ 2 teaspoons spice mixed gluten free (pie)
- ☐ 1 teaspoon allspice
- ☐ 6 oz cup of candied peel chopped
- ☐ 6 large eggs free-range
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 juice of orange grated
- ☐ 0.5 rind of a lemon grated
- ☐ 0.5 nutmeg grated

- ☐ 3 tablespoons rum
- ☐ 9 oz rye breadcrumbs gluten free 100% (WF)
- ☐ 9 oz cups of vegetarian suet gluten free shredded (sold in the UK, may use solid vegetable shortening, but results may vary)
- ☐ 2 servings unrefined sunflower oil for greasing

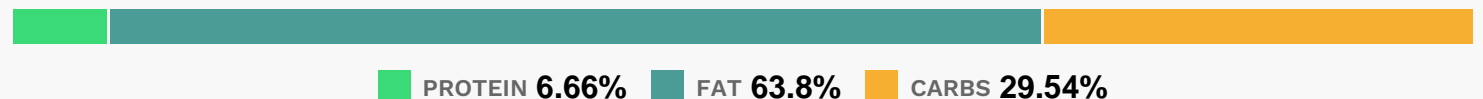
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Put the dried fruit, almonds, breadcrumbs, suet and spices into a large bowl and mix together.
- ☐ Whisk the eggs until fluffy and thickened, then stir into the dry ingredients. Blend in the grated orange and its juice, the grated lemon and spirits. The mixture should just drop off the spoon.
- ☐ Put the mixture into two 1 quart pudding basins and smooth over the top. Cover the basin with a layer of oiled foil, double folded in the centre, and secure with string. Stand the basin on an inverted saucer or a piece of foil folded 4 times, in a very large saucepan. Fill three quarters of the way up with water, cover with a lid or foil and steam for 6 hours for a large pudding or 4 hours for a smaller one. Top up with boiling water whenever necessary. When cooked, lift the basin out of the pan and allow to cool.
- ☐ Serve with Zabaglione or Ginger Custard.

Nutrition Facts



Properties

Glycemic Index:78.5, Glycemic Load:1.79, Inflammation Score:-9, Nutrition Score:53.710434623387%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.59mg, Hesperetin: 3.59mg, Hesperetin: 3.59mg, Hesperetin: 3.59mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 2237.78kcal (111.89%), Fat: 160.02g (246.18%), Saturated Fat: 38.68g (241.75%), Carbohydrates: 166.71g (55.57%), Net Carbohydrates: 134.45g (48.89%), Sugar: 73.4g (81.56%), Cholesterol: 558mg (186%), Sodium: 306.82mg (13.34%), Alcohol: 7.51g (100%), Alcohol %: 1.69% (100%), Protein: 37.6g (75.19%), Manganese: 9.7mg (485.14%), Selenium: 111.98µg (159.97%), Fiber: 32.26g (129.03%), Vitamin E: 17.11mg (114.08%), Phosphorus: 1120.05mg (112%), Magnesium: 348.79mg (87.2%), Vitamin K: 78.79µg (75.04%), Iron: 11.81mg (65.61%), Vitamin B2: 1.08mg (63.82%), Zinc: 9.27mg (61.77%), Copper: 1.07mg (53.7%), Vitamin B5: 5.15mg (51.52%), Vitamin B6: 0.8mg (39.87%), Vitamin B3: 7.37mg (36.86%), Potassium: 1287.93mg (36.8%), Vitamin B1: 0.5mg (33.6%), Folate: 100.3µg (25.07%), Vitamin B12: 1.34µg (22.25%), Calcium: 221.71mg (22.17%), Vitamin C: 17.89mg (21.68%), Vitamin D: 3µg (20%), Vitamin A: 918.77IU (18.38%)