



Granny Cook's Christmas pud

 Dairy Free

READY IN



250 min.

SERVINGS



30

CALORIES



350 kcal

DESSERT

Ingredients

- ☐ 350 g breadcrumbs
- ☐ 1 large carrots grated
- ☐ 450 g currants
- ☐ 3 eggs
- ☐ 100 g golden syrup
- ☐ 2 juice of lemon
- ☐ 350 g brown sugar light soft
- ☐ 100 g candied orange peel mixed

- ☐ 175 g raisins
- ☐ 350 g self raising flour
- ☐ 440 ml porter
- ☐ 350 g suet
- ☐ 225 g golden raisins

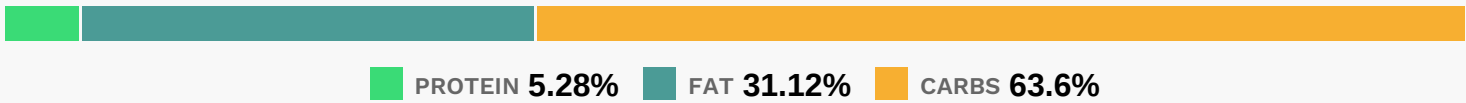
Equipment

- ☐ bowl
- ☐ aluminum foil

Directions

- ☐ Place everything but stout and eggs into your largest bowl and mix.
- ☐ Add stout and eggs, and stir everything together. Spoon into pudding basins – we used 1 x 2 litre, 1 x 1 litre and 1 x 500ml basins. Cover with pleated greaseproof paper and foil and secure with string.Lower the puds into saucepans with upturned saucers or scrunched-up bits of foil in the bottom (so the puds don't touch the bottom), then fill with water from the kettle until it comes halfway up the sides of the basins. Simmer the small pud for 1½ hrs, medium for 2½ hrs and large for 3½ hrs (topping up with water as necessary). Cool, then store in a cool, dry cupboard for up to 1 year.To serve, re-boil puds as above to heat through, 1½ hrs for small, 2½ hrs for medium and 3½ hrs for large (top up as necessary). Turn onto a plate, decorate, and serve.

Nutrition Facts



Properties

Glycemic Index:10.58, Glycemic Load:15.61, Inflammation Score:-4, Nutrition Score:6.0660869012708%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 349.72kcal (17.49%), Fat: 12.31g (18.94%), Saturated Fat: 6.44g (40.28%), Carbohydrates: 56.59g (18.86%), Net Carbohydrates: 54.3g (19.75%), Sugar: 31.37g (34.86%), Cholesterol: 24.3mg (8.1%), Sodium: 109.89mg (4.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.4%), Manganese: 0.32mg (16.24%), Selenium: 9.3µg (13.29%), Vitamin B1: 0.16mg (10.53%), Fiber: 2.29g (9.15%), Vitamin A: 436.64IU (8.73%), Potassium: 290.22mg (8.29%), Iron: 1.43mg (7.94%), Copper: 0.15mg (7.62%), Vitamin B2: 0.12mg (7.27%), Phosphorus: 70.51mg (7.05%), Vitamin B3: 1.36mg (6.78%), Vitamin B6: 0.12mg (5.9%), Calcium: 55.8mg (5.58%), Folate: 21.39µg (5.35%), Magnesium: 19.94mg (4.99%), Zinc: 0.45mg (3.02%), Vitamin C: 2.18mg (2.64%), Vitamin B5: 0.23mg (2.34%), Vitamin K: 2.32µg (2.21%), Vitamin E: 0.32mg (2.15%), Vitamin B12: 0.11µg (1.86%)