



Guilt-free sticky toffee puds



Vegetarian



Dairy Free

READY IN



95 min.

SERVINGS



4

CALORIES



437 kcal

DESSERT

Ingredients

- ☐ 175 g dates dried pitted
- ☐ 150 ml maple syrup
- ☐ 1 tbsp vanilla extract
- ☐ 2 large eggs separated
- ☐ 85 g self raising flour
- ☐ 4 servings maple syrup 0%

Equipment

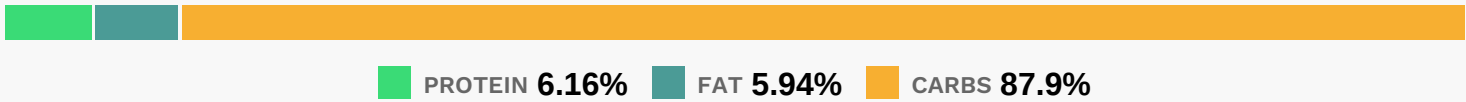
- ☐ food processor

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Preheat the oven to 180C/Gas 4/fan oven 160C.
- ☐ Put the dates and 175ml/6fl oz water in a pan and simmer for 5 minutes. Tip into a food processor, add 6 tablespoons maple syrup and the vanilla extract, and blend until smooth.
- ☐ Transfer to a bowl and mix in the egg yolks, followed by the flour. In another bowl, whisk the egg whites until stiff, and fold into the date mixture.
- ☐ Put 1 tablespoon maple syrup into each of four 200ml/7fl oz pudding moulds and add the mixture. Cover each tightly with foil, stand in an ovenproof dish and pour in hot water to halfway up the sides of the moulds. Cook for 1 hour, until a skewer inserted into the centre comes out clean.
- ☐ Uncover, run a knife around the edges, and invert onto plates.
- ☐ Drizzle over yogurt and maple syrup to serve, if you like.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:42.7, Inflammation Score:-2, Nutrition Score:13.574347597749%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 437kcal (21.85%), Fat: 2.9g (4.47%), Saturated Fat: 0.85g (5.3%), Carbohydrates: 96.68g (32.23%), Net Carbohydrates: 92.67g (33.7%), Sugar: 70.87g (78.75%), Cholesterol: 93mg (31%), Sodium: 43.49mg (1.89%), Alcohol: 1.12g (100%), Alcohol %: 0.86% (100%), Protein: 6.77g (13.54%), Manganese: 1.93mg (96.56%), Vitamin B2: 1.06mg (62.42%), Selenium: 17.42µg (24.89%), Fiber: 4.01g (16.04%), Potassium: 507.4mg (14.5%), Calcium: 112.04mg (11.2%), Magnesium: 42.43mg (10.61%), Phosphorus: 97.43mg (9.74%), Zinc: 1.13mg (7.54%), Copper: 0.15mg (7.46%), Vitamin B5: 0.74mg (7.35%), Folate: 27.08µg (6.77%), Vitamin B1: 0.1mg (6.47%), Iron: 1.16mg (6.43%), Vitamin B6: 0.12mg (6.17%), Vitamin B3: 0.86mg (4.29%), Vitamin B12: 0.22µg (3.71%), Vitamin D: 0.5µg (3.33%), Vitamin A: 139.8IU (2.8%), Vitamin E: 0.37mg (2.46%), Vitamin K: 1.32µg (1.26%)