



Guinness pudding with Whisky cream



Vegetarian



Popular

READY IN



390 min.

SERVINGS



8

CALORIES



472 kcal

DESSERT

Ingredients

- ☐ 140 g raisins
- ☐ 140 g golden raisins
- ☐ 140 g currants
- ☐ 140 g dates chopped
- ☐ 50 g candied orange peel mixed
- ☐ 125 g bramley apples peeled finely chopped
- ☐ 250 ml porter
- ☐ 1 orange zest

- ☐ 1 lemon zest
- ☐ 100 g butter cold for the basin
- ☐ 100 g t brown sugar dark
- ☐ 100 g breadcrumbs fresh white
- ☐ 50 g self raising flour
- ☐ 0.5 tsp ground cloves
- ☐ 0.5 tsp ground cinnamon
- ☐ 0.5 tsp ground ginger
- ☐ 0.5 tsp nutmeg
- ☐ 2 eggs beaten

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Mix the dried fruit and apple, then add the Guinness, orange and lemon zests and stir. Cover and leave overnight to soak. Butter a 1.25 litre/2 pint pudding basin, then spoon in 2 tbsp dark muscovado sugar. Turn the bowl at an angle, jiggling the sugar around as you go to coat the inside of the bowl.
- ☐ Mix the remaining dry ingredients in a large bowl. Grate the butter, then add to the bowl along with the eggs and fruit, and stir well. Spoon into the basin and level the top.
- ☐ Take a sheet of foil about 30cm long, cover with a same-size sheet of greaseproof paper and butter the paper. Fold a 3cm pleat in the
- ☐ Sit the pudding on a heatproof saucer in a saucepan, then pour in just-boiled water to come halfway up basin. Cover and steam for 6 hrs, topping up water occasionally. Re-cover with fresh paper and foil and store in a cool place. To reheat, steam for 1 hr or microwave, without foil, for 10 mins on Medium.

Nutrition Facts



PROTEIN 5.05% **FAT 22.55%** **CARBS 72.4%**

Properties

Glycemic Index:52.06, Glycemic Load:27.68, Inflammation Score:-4, Nutrition Score:9.9513043113377%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 472.15kcal (23.61%), Fat: 12.34g (18.99%), Saturated Fat: 7.06g (44.14%), Carbohydrates: 89.16g (29.72%), Net Carbohydrates: 83.5g (30.36%), Sugar: 52.07g (57.86%), Cholesterol: 67.79mg (22.6%), Sodium: 212.8mg (9.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.43%), Manganese: 0.57mg (28.26%), Fiber: 5.66g (22.64%), Potassium: 619.86mg (17.71%), Selenium: 10.3µg (14.71%), Copper: 0.27mg (13.64%), Vitamin B1: 0.19mg (12.98%), Iron: 2.32mg (12.89%), Vitamin B2: 0.22mg (12.76%), Phosphorus: 116.55mg (11.66%), Vitamin B6: 0.22mg (11.19%), Vitamin B3: 1.87mg (9.34%), Magnesium: 37.24mg (9.31%), Calcium: 88.07mg (8.81%), Vitamin A: 403.59IU (8.07%), Vitamin C: 6.14mg (7.44%), Folate: 28.41µg (7.1%), Vitamin B5: 0.46mg (4.6%), Zinc: 0.62mg (4.15%), Vitamin K: 4.01µg (3.82%), Vitamin E: 0.54mg (3.61%), Vitamin B12: 0.16µg (2.72%), Vitamin D: 0.22µg (1.47%)