



Guinness, treacle & ginger pudding

READY IN



380 min.

SERVINGS



6

CALORIES



1047 kcal

DESSERT

Ingredients

- ☐ 500 g fruit mixed dried
- ☐ 100 g dates chopped
- ☐ 100 g ginger drained chopped
- ☐ 2 orange zest
- ☐ 225 ml porter
- ☐ 6 servings butter for greasing
- ☐ 50 g almonds whole roughly chopped
- ☐ 200 g suet
- ☐ 2 apples grated

- ☐ 100 g t brown sugar dark
- ☐ 5 tbsp treacle black
- ☐ 100 g self raising flour
- ☐ 85 g breadcrumbs white soft
- ☐ 100 g almond flour
- ☐ 1 tbsp spice mixed
- ☐ 1 tsp ground ginger
- ☐ 0.5 tsp ground cloves
- ☐ 3 large eggs

Equipment

- ☐ bowl
- ☐ aluminum foil

Directions

- ☐ Mix together the dried fruit, ginger, orange zest and juice, and Guinness in a bowl. Cover and leave to soak overnight.
- ☐ Grease 2 x 1.2-litre pudding basins. Boil a kettle of water. To prepare your steamers, put a snug-fitting upturned bowl or plate in the base of 2 large, deep saucepans, big enough to hold your pudding basins.
- ☐ Add the remaining ingredients (except brandy) to the fruit mixture and stir well, making sure there are no pockets of flour. Divide between your prepared basins and cover with buttered baking parchment and a foil lid. Tie with string to secure and make a handle for easy lifting.
- ☐ Stand the puddings on the upturned bowls or plates in your saucepans.
- ☐ Pour in enough boiling water to come halfway up the sides of the basins, cover with a tight-fitting lid and steam for 6 hrs, topping up with water if necessary. If your lids start to rattle as the puddings cook, place a couple of heavy cans on top to hold them down. Once cooked, the puddings can mature for up to 1 year in a cool dark place, so if you only eat one this year, thats fine.
- ☐ To serve, reheat in a steamer for 1 hr until piping hot all the way through. Flame with brandy, if you like, as you bring it to the table.

Nutrition Facts

PROTEIN 6.33% FAT 43.69% CARBS 49.98%

Properties

Glycemic Index:42.83, Glycemic Load:30.3, Inflammation Score:-7, Nutrition Score:22.924782690795%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 4.62mg, Epicatechin: 4.62mg, Epicatechin: 4.62mg, Epicatechin: 4.62mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 1047.47kcal (52.37%), Fat: 52.43g (80.66%), Saturated Fat: 22.15g (138.46%), Carbohydrates: 134.94g (44.98%), Net Carbohydrates: 119.13g (43.32%), Sugar: 85.97g (95.53%), Cholesterol: 126.42mg (42.14%), Sodium: 191.41mg (8.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.08g (34.16%), Manganese: 1.36mg (68.11%), Fiber: 15.81g (63.24%), Iron: 7.07mg (39.28%), Calcium: 361.39mg (36.14%), Potassium: 1249.65mg (35.7%), Magnesium: 136.73mg (34.18%), Selenium: 19.95µg (28.5%), Copper: 0.52mg (25.93%), Vitamin E: 3.6mg (23.97%), Vitamin B2: 0.39mg (22.88%), Phosphorus: 221.2mg (22.12%), Vitamin B1: 0.28mg (18.7%), Vitamin K: 17.95µg (17.09%), Vitamin B6: 0.28mg (13.76%), Folate: 52.57µg (13.14%), Vitamin B3: 2.53mg (12.66%), Vitamin C: 10.37mg (12.57%), Vitamin B5: 1.17mg (11.73%), Zinc: 1.74mg (11.6%), Vitamin A: 322.91IU (6.46%), Vitamin B12: 0.37µg (6.18%), Vitamin D: 0.5µg (3.33%)