



Hot cross bun & butter pudding

READY IN



70 min.

SERVINGS



8

CALORIES



545 kcal

DESSERT

Ingredients

- ☐ 300 ml pot double cream
- ☐ 600 ml milk
- ☐ 4 eggs
- ☐ 100 g golden caster sugar
- ☐ 1.5 tsp vanilla essence
- ☐ 8 cross buns hot
- ☐ 40 g butter soft
- ☐ 100 g marzipan cubed
- ☐ 3 tbsp chunky marmalade

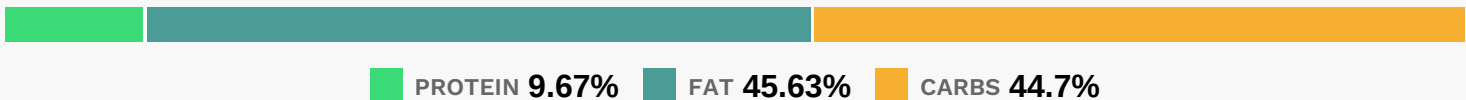
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 170C/150C fan/gas
- ☐ Warm the cream and milk in a pan over a gentle heat.
- ☐ Whisk the eggs, sugar and vanilla together with a fork in a large bowl, then gradually add the warm cream mixture.
- ☐ Halve the buns and spread with the butter. Arrange in a large shallow ovenproof dish (approx 25 x 32cm), dot with the marzipan and brush the marmalade on top.
- ☐ Pour over the cream mixture and set aside to soak for 15 mins. Press the buns down into the custard mixture as they soften.
- ☐ Bake for 50 mins until set, then remove and allow to stand for 10 mins. Dust lightly with icing sugar and serve while still warm.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:27.13, Inflammation Score:-5, Nutrition Score:11.285217435464%

Nutrients (% of daily need)

Calories: 545.46kcal (27.27%), Fat: 27.76g (42.71%), Saturated Fat: 13.64g (85.23%), Carbohydrates: 61.19g (20.4%), Net Carbohydrates: 59.67g (21.7%), Sugar: 30.1g (33.44%), Cholesterol: 144.5mg (48.17%), Sodium: 405.58mg (17.63%), Alcohol: 0.27g (100%), Alcohol %: 0.14% (100%), Protein: 13.24g (26.47%), Iron: 11.44mg (63.54%), Vitamin B2: 0.33mg (19.42%), Vitamin A: 925.16IU (18.5%), Phosphorus: 176.74mg (17.67%), Calcium: 159.28mg (15.93%), Vitamin E: 2.24mg (14.94%), Selenium: 9.83µg (14.04%), Vitamin D: 1.89µg (12.63%), Vitamin B12: 0.68µg (11.37%), Manganese: 0.21mg (10.5%), Magnesium: 33.68mg (8.42%), Vitamin B5: 0.78mg (7.83%), Potassium: 240.74mg (6.88%), Fiber: 1.52g (6.09%), Zinc: 0.89mg (5.95%), Vitamin B6: 0.11mg (5.49%), Folate: 20.45µg (5.11%), Vitamin B1:

0.07mg (5%), Copper: 0.09mg (4.55%), Vitamin B3: 0.57mg (2.86%), Vitamin K: 1.86µg (1.77%), Vitamin C: 0.89mg (1.07%)