



Individual summer puddings



Vegetarian



Vegan



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



102 kcal

DESSERT

Ingredients

- ☐ 1 kg berries mixed such as raspberries, blueberries, redcurrants, blackberries and strawberries, plus 3 extra to serve
- ☐ 50 g sugar
- ☐ 4 tbsp creme de cassis (or water)
- ☐ 1 large sandwich bread white sliced (approx 800g)

Equipment

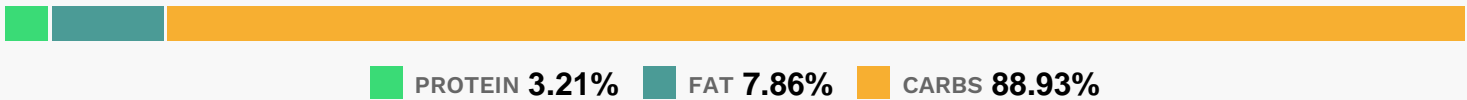
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ knife
- ☐ sieve

Directions

- ☐ Strip berries from their stalks and hull strawberries. Discard any that are squashy or overripe. Toss berries gently in a nonstick saucepan with sugar and Cassis or water.
- ☐ Heat the pan until it starts to sizzle. Cook over a medium heat for 2–3 mins or until the fruits start to bleed and soften.
- ☐ Stir gently, then cool to room temperature. Strain fruit through a plastic sieve into a non-metallic bowl for about 10 mins or until the juices stop dripping.
- ☐ Have 8 cappuccino or tea cups (about 200ml) ready. Using 2 cutters (approx 10cm and 6cm, but check against the tops and bottoms of your cups), cut out 8 bread rounds of each size.
- ☐ Cut the crusts off 8 more slices and slice in half. These strips should be approximately the same depth as the cups.
- ☐ Dip the small rounds of bread into the reserved juices and press into the cups. Dip the straight slices in the juice and press around the sides. Spoon in the fruits, pressing down with the back of a spoon to firm. Dip the last of the bread rounds into the juice; press down on top. Chill overnight.
- ☐ When ready to serve, loosen bread tops with the tip of a table knife. Hold a dessert plate over the pudding, then turn upside down, shaking well. The puddings should slip out easily; if not, loosen the sides gently with the knife.
- ☐ Pour any remaining juice over the tops of puddings. Decorate with the remaining fruit; serve with pouring cream.

Nutrition Facts



Properties

Glycemic Index:18.11, Glycemic Load:5.68, Inflammation Score:-3, Nutrition Score:3.7891304570696%

Flavonoids

Cyanidin: 5.45mg, Cyanidin: 5.45mg, Cyanidin: 5.45mg, Cyanidin: 5.45mg Petunidin: 22.7mg, Petunidin: 22.7mg, Petunidin: 22.7mg, Petunidin: 22.7mg Delphinidin: 26.99mg, Delphinidin: 26.99mg, Delphinidin: 26.99mg, Delphinidin: 26.99mg Malvidin: 62.06mg, Malvidin: 62.06mg, Malvidin: 62.06mg, Malvidin: 62.06mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.25mg, Luteolin: 2.25mg, Luteolin: 2.25mg, Luteolin: 2.25mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 2.2mg, Myricetin: 2.2mg, Myricetin: 2.2mg, Myricetin: 2.2mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

Nutrients (% of daily need)

Calories: 101.71kcal (5.09%), Fat: 0.95g (1.47%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 24.3g (8.1%), Net Carbohydrates: 20.84g (7.58%), Sugar: 17.98g (19.98%), Cholesterol: 0mg (0%), Sodium: 20.09mg (0.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.76%), Vitamin K: 20.51µg (19.53%), Fiber: 3.46g (13.85%), Manganese: 0.21mg (10.36%), Vitamin B3: 0.83mg (4.14%), Vitamin E: 0.61mg (4.05%), Vitamin B1: 0.06mg (3.93%), Vitamin B6: 0.08mg (3.86%), Vitamin C: 3.13mg (3.79%), Vitamin B2: 0.06mg (3.32%), Folate: 12.91µg (3.23%), Copper: 0.05mg (2.35%), Potassium: 72.09mg (2.06%), Iron: 0.36mg (1.99%), Calcium: 18.34mg (1.83%), Magnesium: 7.34mg (1.83%), Phosphorus: 17.99mg (1.8%), Vitamin B5: 0.18mg (1.76%), Selenium: 1.03µg (1.48%), Vitamin A: 57.54IU (1.15%)