

Juicy Lucy pudding



Vegetarian



Popular

READY IN



55 min.

SERVINGS



4

CALORIES



349 kcal

DESSERT

Ingredients

- ☐ 350 g fruits of the forest frozen
- ☐ 3 tbsp muscovado sugar light
- ☐ 4 tbsp no-added-sugar blueberry jam wild (we used St Dalfour, from larger supermarket branches)
- ☐ 6 medium pears cored ripe peeled quartered
- ☐ 50 g breadcrumb fresh white
- ☐ 25 g butter melted

Equipment

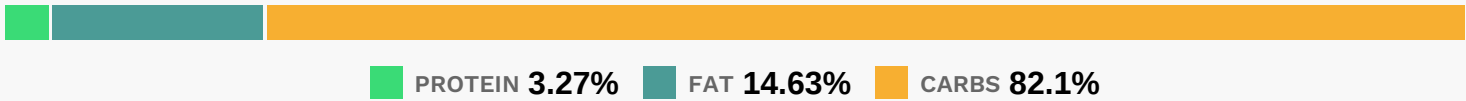
- ☐ bowl

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 190C/gas 5/ fan 170C.
- ☐ Mix the fruits of the forest in a large bowl with the sugar and jam, then add the pears and toss to mix. Tip into a deep baking dish measuring about 18x28cm, cover with foil and roast in the oven for 20 minutes. Pierce a pear or two to see if they are really tender; if not, return dish to the oven for another 5 minutes or until they feel soft.
- ☐ Mix breadcrumbs with the butter and scatter over the fruit.
- ☐ Bake uncovered in the oven for 10–15 minutes or until golden and crispy.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:21.69, Glycemic Load:11.87, Inflammation Score:-5, Nutrition Score:9.2613043240879%

Flavonoids

Cyanidin: 5.5mg, Cyanidin: 5.5mg, Cyanidin: 5.5mg, Cyanidin: 5.5mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 1.58mg, Epigallocatechin: 1.58mg, Epigallocatechin: 1.58mg, Epigallocatechin: 1.58mg Epicatechin: 10.04mg, Epicatechin: 10.04mg, Epicatechin: 10.04mg, Epicatechin: 10.04mg Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 348.93kcal (17.45%), Fat: 6.23g (9.59%), Saturated Fat: 3.43g (21.45%), Carbohydrates: 78.74g (26.25%), Net Carbohydrates: 68.15g (24.78%), Sugar: 50.68g (56.31%), Cholesterol: 13.44mg (4.48%), Sodium: 141.25mg (6.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.28%), Fiber: 10.59g (42.36%), Vitamin C: 13.41mg (16.25%), Vitamin K: 17.04µg (16.22%), Copper: 0.32mg (16.2%), Manganese: 0.27mg (13.62%), Potassium: 435.23mg (12.44%), Vitamin B1: 0.16mg (10.92%), Vitamin A: 487.19IU (9.74%), Folate: 35.35µg (8.84%), Vitamin B2:

0.14mg (8.41%), Iron: 1.48mg (8.2%), Vitamin B3: 1.61mg (8.07%), Magnesium: 30.08mg (7.52%), Phosphorus: 66.29mg (6.63%), Calcium: 61.51mg (6.15%), Vitamin B6: 0.11mg (5.66%), Selenium: 3.83µg (5.46%), Zinc: 0.54mg (3.62%), Vitamin E: 0.49mg (3.25%), Vitamin B5: 0.25mg (2.54%)