



## Last-minute Christmas pudding

READY IN



35 min.

SERVINGS



6

CALORIES



672 kcal

DESSERT

### Ingredients

- ☐ 300 g mincemeat
- ☐ 140 g orange marmalade fine
- ☐ 200 g granulated sugar
- ☐ 4 tbsp blackstrap molasses
- ☐ 3 eggs beaten
- ☐ 4 tbsp irish whiskey
- ☐ 100 g butter frozen grated
- ☐ 200 g self raising flour

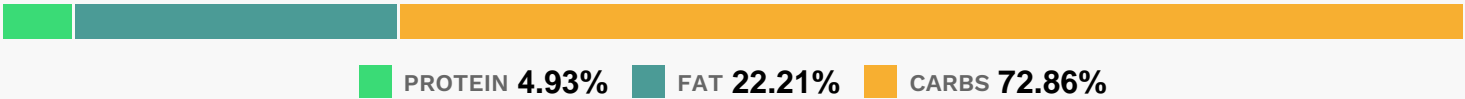
# Equipment

- ☐ bowl
- ☐ microwave
- ☐ skewers

# Directions

- ☐ Butter and line the base of a 1.5-litre pudding basin with greaseproof paper. In a large bowl, stir the ingredients together, adding them one at a time in the order they are listed, until everything is completely mixed.
- ☐ Tip the pudding mix into the basin and cover with a circle of greaseproof paper.
- ☐ Place the pudding on a plate and microwave on Medium for 20–25 mins until cooked and an inserted skewer comes out clean. Leave to stand for 5 mins, then turn out and serve with brandy butter and cream.

# Nutrition Facts



# Properties

Glycemic Index:41.02, Glycemic Load:43.32, Inflammation Score:-4, Nutrition Score:7.6834781325382%

# Nutrients (% of daily need)

Calories: 671.69kcal (33.58%), Fat: 16.28g (25.05%), Saturated Fat: 9.34g (58.37%), Carbohydrates: 120.19g (40.06%), Net Carbohydrates: 118.07g (42.94%), Sugar: 91.13g (101.26%), Cholesterol: 117.67mg (39.22%), Sodium: 436.41mg (18.97%), Alcohol: 3.6g (100%), Alcohol %: 2.26% (100%), Protein: 8.13g (16.25%), Selenium: 22.87µg (32.67%), Manganese: 0.48mg (24.05%), Vitamin A: 550.43IU (11.01%), Magnesium: 44.04mg (11.01%), Phosphorus: 85.26mg (8.53%), Fiber: 2.11g (8.45%), Copper: 0.17mg (8.31%), Vitamin B2: 0.14mg (8.16%), Potassium: 271.76mg (7.76%), Iron: 1.37mg (7.62%), Vitamin B6: 0.14mg (7.2%), Vitamin B5: 0.61mg (6.12%), Folate: 23.94µg (5.99%), Calcium: 57.85mg (5.79%), Vitamin E: 0.76mg (5.1%), Zinc: 0.64mg (4.24%), Vitamin B12: 0.22µg (3.74%), Vitamin D: 0.44µg (2.93%), Vitamin B1: 0.04mg (2.92%), Vitamin B3: 0.5mg (2.49%), Vitamin C: 1.12mg (1.36%), Vitamin K: 1.33µg (1.27%)