



Little blueberry puddings with lemon curd sauce

READY IN



75 min.

SERVINGS



6

CALORIES



579 kcal

DESSERT

Ingredients

- ☐ 140 g butter softened for moulds
- ☐ 140 g sugar
- ☐ 3 eggs
- ☐ 140 g self raising flour
- ☐ 2 lemon zest
- ☐ 120 g blueberries
- ☐ 6 servings crème fraîche
- ☐ 300 g lemon curd (we used Tiptree 312g)

☐ 2 tsp cornstarch

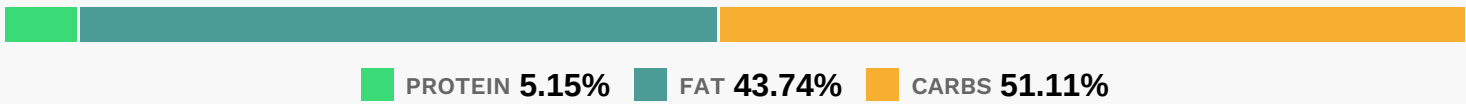
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ skewers

Directions

- ☐ Heat oven to 180C/160C fan/gas 4 and put the kettle on. Butter 6 individual pudding basins or dariole moulds and line the bottoms with circles of baking parchment. Beat the butter and sugar until pale and fluffy, then beat in the eggs one by one. Fold in the flour and lemon zest with the juice from half a lemon. Divide between the moulds, and evenly scatter the blueberries over each.
- ☐ Sit the moulds in a roasting tin or baking dish just big enough to hold them all.
- ☐ Pour in boiling water from the kettle to come halfway up the sides.
- ☐ Bake for 30–40 mins until risen and a skewer poked in the centre comes out clean.
- ☐ Meanwhile, make the sauce. Tip the lemon curd into a small pan and gently warm. Gradually mix the juice from 1 lemon into the cornflour until you have a smooth paste, then stir into the lemon curd. Bubble for 1–2 mins, stirring, until smooth. Keep at room temperature.
- ☐ To serve, carefully release each pudding from its mould by running a cutlery knife around the edge. Turn out onto serving dishes and spoon the lemon sauce on top. Eat with a dollop of crme frache or yogurt.

Nutrition Facts



Properties

Glycemic Index:37.85, Glycemic Load:28.23, Inflammation Score:-4, Nutrition Score:6.1060869590096%

Flavonoids

Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg Petunidin: 6.31mg, Petunidin: 6.31mg, Petunidin: 6.31mg, Petunidin: 6.31mg Delphinidin: 7.09mg, Delphinidin: 7.09mg, Delphinidin: 7.09mg, Delphinidin: 7.09mg Malvidin: 13.52mg, Malvidin: 13.52mg, Malvidin: 13.52mg, Malvidin: 13.52mg Peonidin: 4.06mg, Peonidin: 4.06mg, Peonidin: 4.06mg, Peonidin: 4.06mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 578.97kcal (28.95%), Fat: 28.48g (43.81%), Saturated Fat: 16.91g (105.67%), Carbohydrates: 74.87g (24.96%), Net Carbohydrates: 73.51g (26.73%), Sugar: 55.94g (62.15%), Cholesterol: 139.09mg (46.36%), Sodium: 336.07mg (14.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.54g (15.08%), Selenium: 16.89µg (24.12%), Vitamin A: 788.93IU (15.78%), Manganese: 0.26mg (13.04%), Vitamin B2: 0.16mg (9.23%), Phosphorus: 83.64mg (8.36%), Vitamin E: 1.03mg (6.87%), Vitamin C: 4.63mg (5.61%), Vitamin K: 5.81µg (5.53%), Fiber: 1.36g (5.43%), Vitamin B5: 0.54mg (5.37%), Folate: 20.92µg (5.23%), Vitamin B12: 0.26µg (4.34%), Zinc: 0.58mg (3.88%), Iron: 0.69mg (3.86%), Copper: 0.08mg (3.78%), Calcium: 37.67mg (3.77%), Vitamin B6: 0.07mg (3.27%), Vitamin D: 0.44µg (2.93%), Magnesium: 11.66mg (2.92%), Potassium: 93.38mg (2.67%), Vitamin B1: 0.04mg (2.64%), Vitamin B3: 0.36mg (1.81%)