



Mix & match mini Christmas puddings

READY IN



160 min.

SERVINGS



8

CALORIES



932 kcal

DESSERT

Ingredients

- ☐ 8 servings butter for greasing
- ☐ 1 orange zest
- ☐ 100 g carrots grated
- ☐ 50 g blackstrap molasses
- ☐ 200 g breadcrumbs
- ☐ 200 g flour plain
- ☐ 250 g suet
- ☐ 2 large eggs lightly beaten
- ☐ 200 ml porter

- ☐ 250 g g muscovado sugar light
- ☐ 100 g apricot mixed dried chopped per pud)
- ☐ 4 tsp ground cloves mixed per pud)
- ☐ 4 tbsp orange juice per pud)
- ☐ 100 g walnuts chopped per pud)
- ☐ 400 g golden raisins

Equipment

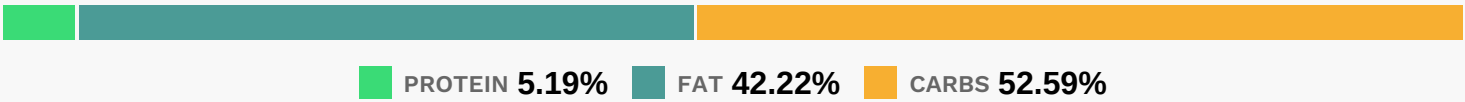
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ aluminum foil

Directions

- ☐ Mix together all the base ingredients in a large mixing bowl. Grease 8 individual pudding basins or darioles with a little butter, then line the bases with circles of baking parchment.
- ☐ Stir your choice of dried fruits, spices and liquid, plus nuts if you are using, into the base mixture. If youre tailoring your puddings for each guest, then weigh out 225g/8oz base mixture per pud, before adding the extras (see brackets after ingredients for individual pud quantities).
- ☐ Heat oven to 160C/140C fan/gas 4 and boil the kettle. Fill each basin or dariole with pud mixture. Grease a large sheet of foil, then stick a large sheet of baking parchment on top.
- ☐ Cut it into 8 squares, large enough to cover the puds with overhang, and make a small pleat in each. Cover the puddings by scrunching foil round the edges to completely seal. stick a name label, written in biro, on top of each pud to help identify them when serving. sit the puds in a big roasting tin, pour hot water from the kettle into the tin until nearly halfway up the puds, then cook for 1 hr. Cool, then store in an airtight container somewhere cool and dark, for up to 2 weeks.
- ☐ To serve, turn oven to 180C/160C fan/ gas 5 after the Christmas dinner has come out, and put the puds back into a roasting tin with hot water, as above. Cook for 40 mins, then turn off oven and leave them there if youre still eating. Carefully turn out onto serving plates, running a knife round the edge to help release, then dust with a little icing sugar and top with holly, if

you like.

Nutrition Facts



Properties

Glycemic Index:47.24, Glycemic Load:40.59, Inflammation Score:-9, Nutrition Score:22.726087046706%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 931.94kcal (46.6%), Fat: 44.83g (68.96%), Saturated Fat: 20.54g (128.36%), Carbohydrates: 125.61g (41.87%), Net Carbohydrates: 119.18g (43.34%), Sugar: 74.58g (82.86%), Cholesterol: 78.5mg (26.17%), Sodium: 265.81mg (11.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.4g (24.81%), Manganese: 1.78mg (89.01%), Vitamin A: 2758.68IU (55.17%), Vitamin B1: 0.52mg (34.39%), Selenium: 21.56µg (30.8%), Copper: 0.59mg (29.69%), Iron: 4.94mg (27.44%), Fiber: 6.43g (25.73%), Potassium: 876.03mg (25.03%), Vitamin B2: 0.42mg (24.95%), Folate: 99.79µg (24.95%), Vitamin B3: 4.54mg (22.7%), Phosphorus: 218.93mg (21.89%), Magnesium: 82.83mg (20.71%), Vitamin B6: 0.4mg (20.03%), Calcium: 156.81mg (15.68%), Vitamin C: 8.92mg (10.81%), Vitamin E: 1.62mg (10.81%), Zinc: 1.46mg (9.71%), Vitamin K: 8.86µg (8.44%), Vitamin B5: 0.82mg (8.23%), Vitamin B12: 0.29µg (4.86%), Vitamin D: 0.25µg (1.67%)