



My Mums Spottier Dick

READY IN



195 min.

SERVINGS



6

CALORIES



591 kcal

SIDE DISH

Ingredients

- ☐ 120 grams bread crumbs
- ☐ 120 grams apricots dried chopped
- ☐ 1 eggs beaten
- ☐ 2 tablespoons ginger grated to taste or
- ☐ 140 milliliters milk
- ☐ 1 pinch nutmeg grated
- ☐ 1 orange zest
- ☐ 120 grams flour plain
- ☐ 240 grams raisins

- ☐ 1 pinch salt
- ☐ 115 grams suet
- ☐ 120 grams sugar

Equipment

- ☐ frying pan
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Grease a 3-pint (1 liter) pudding basin.
- ☐ Mix all the ingredients together, except the egg and milk.
- ☐ Add the beaten egg and milk and mix well. (I do this in a mixer but you can do it by hand, no problem.)
- ☐ Put the mixture in the basin, cover with tin foil or a cloth, and put the basin in a pan with water half-way up the sides of the basin. Bring the water to a boil, put on a tight-fitting lid, and simmer for 3 hours, remembering to top up with (add more) boiling water now and then.

Nutrition Facts



Properties

Glycemic Index:59.69, Glycemic Load:46.33, Inflammation Score:-6, Nutrition Score:13.110434739486%

Flavonoids

Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 591.09kcal (29.55%), Fat: 21.17g (32.57%), Saturated Fat: 11.09g (69.28%), Carbohydrates: 96.08g (32.03%), Net Carbohydrates: 91.29g (33.19%), Sugar: 56.88g (63.2%), Cholesterol: 43.2mg (14.4%), Sodium: 181.55mg (7.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.85g (17.71%), Manganese: 0.5mg (25.23%), Vitamin B1: 0.38mg (25.19%), Selenium: 15.45µg (22.07%), Vitamin B2: 0.35mg (20.37%), Fiber: 4.79g (19.17%),

Potassium: 655.19mg (18.72%), Iron: 3.35mg (18.6%), Vitamin B3: 3.6mg (18%), Folate: 65.82µg (16.46%), Vitamin A: 807.95IU (16.16%), Phosphorus: 158.07mg (15.81%), Copper: 0.31mg (15.53%), Vitamin B6: 0.23mg (11.56%), Calcium: 109.99mg (11%), Magnesium: 39.11mg (9.78%), Vitamin E: 1.33mg (8.86%), Zinc: 0.89mg (5.93%), Vitamin B5: 0.58mg (5.85%), Vitamin B12: 0.32µg (5.28%), Vitamin C: 4.32mg (5.24%), Vitamin K: 4.19µg (3.99%), Vitamin D: 0.41µg (2.74%)