



Passion fruit teacup puddings

 Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



539 kcal

DESSERT

Ingredients

- ☐ 250 g passion fruit rum
- ☐ 4 fruit ripe
- ☐ 3 large eggs
- ☐ 100 g brown sugar
- ☐ 85 g butter melted
- ☐ 100 ml milk
- ☐ 140 g flour plain
- ☐ 0.5 tsp double-acting baking powder

☐ 6 servings powdered sugar

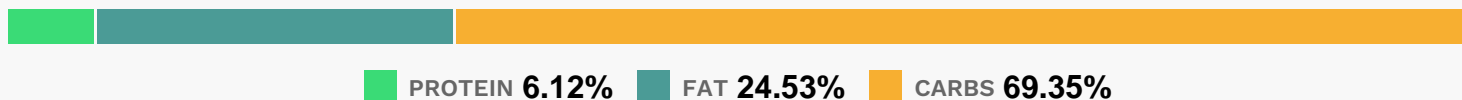
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ kitchen towels
- ☐ spatula

Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ Line a large, deep roasting tin with a tea towel, set aside, and boil the kettle. Put 100g of the curd in a bowl, mix the remaining curd with the passion fruit seeds and pulp, and divide between 6 teacups or ramekins (mine were around 200ml).
- ☐ Whisk the eggs and sugar together in a large bowl until pale and fluffy this will take about 5 mins.
- ☐ Add the reserved curd, butter, milk, flour and baking powder. Fold the mixture together with a spatula until there are no visible lumps of flour, then divide between the teacups.
- ☐ Put the teacups in the roasting tin. Carefully fill the tin with hot water from the kettle to come about halfway up the sides of the teacups, being careful not to get any water in the cups.
- ☐ Bake for 50 mins until risen and golden. Once cooked, you can cool the puddings and chill for up to a day, or wrap in cling film and freeze for up to 2 months. To reheat, bring to room temperature, put back in a hot water bath in the oven and bake for 15 mins at 160C/140C fan/gas
- ☐ Before serving, dust each pudding with a little icing sugar and put a spoonful of clotted cream on top, if you like.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:14.91, Inflammation Score:-8, Nutrition Score:15.007826141689%

Nutrients (% of daily need)

Calories: 538.64kcal (26.93%), Fat: 15.24g (23.44%), Saturated Fat: 8.47g (52.97%), Carbohydrates: 96.94g (32.31%), Net Carbohydrates: 87.17g (31.7%), Sugar: 63.4g (70.44%), Cholesterol: 125.52mg (41.84%), Sodium: 205.72mg (8.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.56g (17.12%), Vitamin A: 1952.87IU (39.06%), Fiber: 9.76g (39.06%), Selenium: 16.55µg (23.65%), Vitamin C: 19.1mg (23.15%), Vitamin B2: 0.39mg (22.69%), Iron: 3.29mg (18.25%), Phosphorus: 168.86mg (16.89%), Folate: 66.88µg (16.72%), Vitamin B3: 3.24mg (16.2%), Copper: 0.32mg (16.05%), Vitamin B1: 0.24mg (15.97%), Potassium: 523.05mg (14.94%), Vitamin K: 15.28µg (14.55%), Manganese: 0.26mg (12.94%), Calcium: 98.48mg (9.85%), Magnesium: 39.17mg (9.79%), Vitamin B6: 0.16mg (8.01%), Vitamin B5: 0.71mg (7.1%), Zinc: 0.89mg (5.91%), Vitamin B12: 0.34µg (5.66%), Vitamin D: 0.69µg (4.59%), Vitamin E: 0.62mg (4.15%)