



WHATSheATE



Pear & chocolate pudding



Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



642 kcal

DESSERT

Ingredients

- ☐ 100 g breadcrumbs dried
- ☐ 100 g chocolate dark chopped
- ☐ 100 g little demerara sugar
- ☐ 85 g butter
- ☐ 3 tbsp maple syrup
- ☐ 4 pears cored ripe peeled cut into chunks

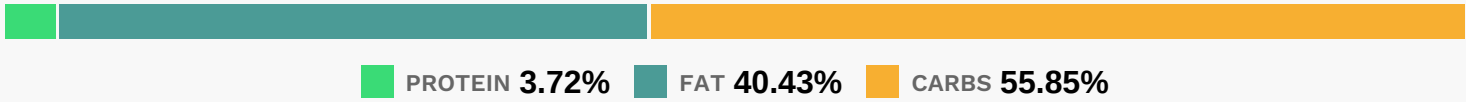
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Mix the crumbs, chocolate and sugar. Melt the butter with the maple syrup, then stir into the dry ingredients.
- ☐ Put the chopped pears in a 1-litre shallow ovenproof dish. Spoon over the chocolate mixture, then roughly spread to cover the pears.
- ☐ Bake for 25–30 mins. Cool for 10 mins, then serve on its own or with vanilla ice cream or yogurt.

Nutrition Facts



Properties

Glycemic Index:36.56, Glycemic Load:13.62, Inflammation Score:-6, Nutrition Score:15.095652093058%

Flavonoids

Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 642.32kcal (32.12%), Fat: 29.47g (45.33%), Saturated Fat: 17.38g (108.65%), Carbohydrates: 91.6g (30.53%), Net Carbohydrates: 82.23g (29.9%), Sugar: 58.7g (65.22%), Cholesterol: 46.44mg (15.48%), Sodium: 328.52mg (14.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 20mg (6.67%), Protein: 6.11g (12.21%), Manganese: 1.16mg (57.93%), Fiber: 9.37g (37.47%), Copper: 0.65mg (32.67%), Iron: 4.62mg (25.65%), Vitamin B2: 0.36mg (21.43%), Magnesium: 84.29mg (21.07%), Vitamin B1: 0.28mg (18.84%), Phosphorus: 144.96mg (14.5%), Potassium: 480.33mg (13.72%), Vitamin K: 12.79µg (12.19%), Selenium: 8.39µg (11.99%), Vitamin A: 585.29IU (11.71%), Vitamin B3: 2.23mg (11.15%), Calcium: 104.47mg (10.45%), Zinc: 1.5mg (10%), Folate: 39.85µg (9.96%), Vitamin C: 7.65mg (9.28%), Vitamin E: 0.87mg (5.83%), Vitamin B6: 0.09mg (4.6%), Vitamin B5: 0.35mg (3.53%), Vitamin B12: 0.19µg (3.23%)