



Pear parkin pudding with custard

 Vegetarian

READY IN



85 min.

SERVINGS



8

CALORIES



685 kcal

DESSERT

Ingredients

- ☐ 200 g porridge oats
- ☐ 200 g self-raising flour
- ☐ 2 tsp ground ginger
- ☐ 0.3 tsp salt
- ☐ 175 g treacle
- ☐ 140 g butter for the dish and dotting over
- ☐ 140 g muscovado sugar light plus a bit more
- ☐ 2 balls stem ginger from a jar chopped

- ☐ 1 large eggs
- ☐ 150 ml milk
- ☐ 4 pears cored ripe peeled halved
- ☐ 8 servings custard sauce (see recipe below)

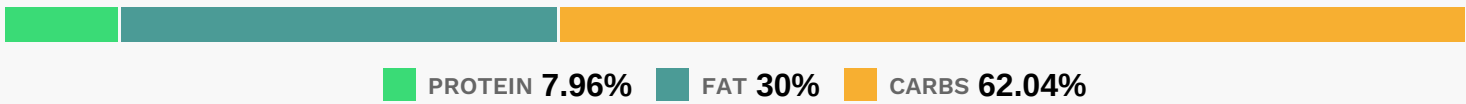
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ skewers

Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ Butter a 30 x 20cm baking dish.
- ☐ Mix the first four ingredients together. Melt the treacle, butter and sugar together in a large saucepan, then stir in the dry ingredients, half of the chopped ginger, the egg and milk to give a smooth batter.
- ☐ Spoon into the baking dish, then sit the pear halves in the batter. Dot more butter over each pear half and sprinkle with a little more sugar.
- ☐ Bake for 1 hr until risen all over and a skewer inserted into the middle of the pudding comes out clean.
- ☐ To serve, scatter the rest of the ginger over the fruit, then drizzle all over with syrup from the jar.
- ☐ Serve in rectangles with custard, below.

Nutrition Facts



Properties

Glycemic Index:40.92, Glycemic Load:38.09, Inflammation Score:-7, Nutrition Score:21.100000153417%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 685.41kcal (34.27%), Fat: 23.26g (35.78%), Saturated Fat: 12.79g (79.94%), Carbohydrates: 108.23g (36.08%), Net Carbohydrates: 102.28g (37.19%), Sugar: 50.1g (55.66%), Cholesterol: 135.11mg (45.04%), Sodium: 335.9mg (14.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.88g (27.76%), Manganese: 1.66mg (82.86%), Selenium: 32.52µg (46.45%), Phosphorus: 365.16mg (36.52%), Magnesium: 128.55mg (32.14%), Calcium: 312.2mg (31.22%), Vitamin B2: 0.45mg (26.45%), Potassium: 902.08mg (25.77%), Fiber: 5.95g (23.81%), Copper: 0.38mg (19.04%), Iron: 3.29mg (18.27%), Vitamin B5: 1.81mg (18.08%), Vitamin B1: 0.26mg (17.01%), Vitamin B6: 0.33mg (16.51%), Vitamin A: 781.91IU (15.64%), Vitamin B12: 0.92µg (15.38%), Zinc: 2.19mg (14.62%), Vitamin D: 2.03µg (13.53%), Folate: 38.89µg (9.72%), Vitamin E: 0.88mg (5.86%), Vitamin B3: 1.16mg (5.8%), Vitamin K: 6.08µg (5.79%), Vitamin C: 3.98mg (4.83%)