



WHATSheATE



Persian pudding with whipped rose & honey butter



Vegetarian

READY IN



310 min.

SERVINGS



8

CALORIES



854 kcal

DESSERT

Ingredients

- ☐ 250 g dates pitted roughly chopped
- ☐ 300 g raisins
- ☐ 100 g candied orange peel mixed
- ☐ 50 g almonds whole
- ☐ 50 g pistachios shelled
- ☐ 175 g muscovado sugar light
- ☐ 175 g breadcrumbs white

- ☐ 1 tsp spice mixed
- ☐ 0.5 tsp ground ginger
- ☐ 125 g self raising flour
- ☐ 2 orange zest
- ☐ 1 tbsp orange-flower water
- ☐ 1 tbsp rosewater
- ☐ 2 large eggs beaten
- ☐ 175 g butter melted for greasing
- ☐ 125 g butter soft
- ☐ 2 tbsp powdered sugar
- ☐ 50 g clear honey
- ☐ 1 pinch cinnamon
- ☐ 1 tsp rosewater

Equipment

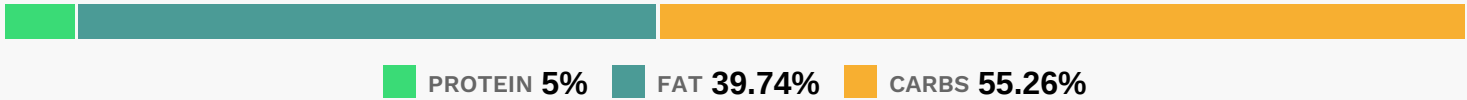
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Tip the dates into a bowl with the raisins, cover with 200ml hot water from the kettle and set aside. Meanwhile, grease a 1.5 litre pudding basin and line the base with a disk of parchment paper.
- ☐ Put the dry ingredients and orange zest in a large bowl. Stir in the dates and raisins (and soaking liquid), the rose and orange water, with the eggs and butter.
- ☐ Mix until everything is combined. Tip into the basin and cover with a circle of parchment paper, then foil, then tie the rim with string.

- ☐
- Place the pudding on an upturned jar lid in a large pan and pour in hot water from the kettle until it comes halfway up the bowl. Cover the pan and gently steam for 4 hrs, topping up with more water if needed. The pudding can be eaten straight away, chilled and kept for up to a week, or frozen for 1 month. To reheat, defrost completely or remove from the fridge and steam pud again for 30 mins until piping hot.
- ☐
- To make the butter, whisk the ingredients together.
- ☐
- Serve the pudding in wedges with a spoonful of the butter melting over it.

Nutrition Facts



Properties

Glycemic Index:45.38, Glycemic Load:36.98, Inflammation Score:-7, Nutrition Score:16.315217323925%

Flavonoids

Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 854.36kcal (42.72%), Fat: 39.35g (60.54%), Saturated Fat: 20.65g (129.06%), Carbohydrates: 123.09g (41.03%), Net Carbohydrates: 114.66g (41.69%), Sugar: 60.45g (67.17%), Cholesterol: 127.13mg (42.38%), Sodium: 449.48mg (19.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.15g (22.29%), Manganese: 0.84mg (42.12%), Fiber: 8.43g (33.72%), Selenium: 18.3µg (26.14%), Vitamin B1: 0.36mg (24.02%), Copper: 0.44mg (21.87%), Potassium: 757.99mg (21.66%), Vitamin A: 1049.8IU (21%), Vitamin B2: 0.34mg (20.21%), Phosphorus: 196.07mg (19.61%), Iron: 3.49mg (19.4%), Vitamin E: 2.86mg (19.06%), Magnesium: 68.54mg (17.13%), Vitamin B6: 0.31mg (15.45%), Vitamin B3: 2.83mg (14.15%), Calcium: 132.15mg (13.22%), Folate: 49.88µg (12.47%), Vitamin C: 6.67mg (8.09%), Zinc: 1.18mg (7.87%), Vitamin B5: 0.73mg (7.33%), Vitamin K: 5.11µg (4.87%), Vitamin B12: 0.25µg (4.19%), Vitamin D: 0.25µg (1.67%)