



Plum & almond pudding

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



493 kcal

DESSERT

Ingredients

- ☐ 8 plums ripe quartered
- ☐ 1 pinch cinnamon
- ☐ 2 lemon zest
- ☐ 4 tbsp brandy
- ☐ 100 g butter soft
- ☐ 100 g brown sugar light
- ☐ 2 eggs
- ☐ 100 g self-raising flour

- ☐ 50 g ground almonds
- ☐ 3 tbsp almond flaked
- ☐ 6 servings clotted cream

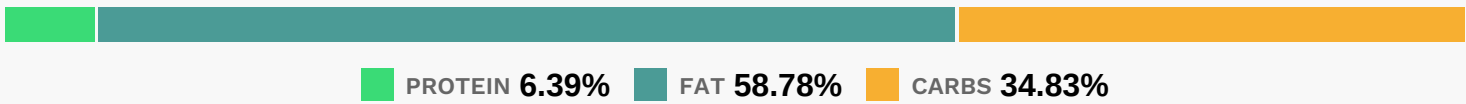
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ skewers

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Toss the plums, cinnamon, lemon zest and brandy, if using, together in a bowl, then leave to macerate while you make the batter.
- ☐ Cream the butter and sugar with an electric whisk until pale and fluffy, add the eggs one at a time, then tip in the flour and ground almonds.
- ☐ Mix until completely combined.
- ☐ Tip the fruit into a buttered shallow baking dish, spoon over the cake batter, then sprinkle over the flaked almonds.
- ☐ Bake for 35–40 mins until browned and cooked through. Test if the pudding is ready by inserting a skewer. If it comes out clean, the pudding is ready; if there is some batter on the skewer, then give it a few mins more.
- ☐ Remove from the oven and serve warm with clotted cream.

Nutrition Facts



Properties

Glycemic Index:30.94, Glycemic Load:11.28, Inflammation Score:-6, Nutrition Score:8.0213043067766%

Flavonoids

Cyanidin: 5.08mg, Cyanidin: 5.08mg, Cyanidin: 5.08mg, Cyanidin: 5.08mg Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 2.85mg, Epicatechin: 2.85mg, Epicatechin: 2.85mg, Epicatechin: 2.85mg Epicatechin 3–gallate: 0.67mg, Epicatechin 3–gallate: 0.67mg, Epicatechin 3–gallate: 0.67mg, Epicatechin 3–gallate: 0.67mg Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 492.66kcal (24.63%), Fat: 31.59g (48.59%), Saturated Fat: 15.52g (96.99%), Carbohydrates: 42.12g (14.04%), Net Carbohydrates: 38.75g (14.09%), Sugar: 25.95g (28.83%), Cholesterol: 114.39mg (38.13%), Sodium: 133.27mg (5.79%), Alcohol: 3.34g (100%), Alcohol %: 2.19% (100%), Protein: 7.72g (15.44%), Vitamin A: 860.78IU (17.22%), Selenium: 11.71µg (16.72%), Manganese: 0.31mg (15.72%), Vitamin E: 2.32mg (15.48%), Fiber: 3.37g (13.48%), Vitamin C: 10.94mg (13.26%), Phosphorus: 97.66mg (9.77%), Vitamin B2: 0.16mg (9.68%), Copper: 0.15mg (7.72%), Calcium: 76.29mg (7.63%), Potassium: 254.43mg (7.27%), Magnesium: 28.74mg (7.18%), Iron: 1.2mg (6.67%), Vitamin K: 6.9µg (6.57%), Folate: 19.92µg (4.98%), Vitamin B5: 0.49mg (4.87%), Zinc: 0.6mg (4.03%), Vitamin B3: 0.76mg (3.8%), Vitamin B1: 0.06mg (3.78%), Vitamin B6: 0.07mg (3.72%), Vitamin B12: 0.16µg (2.65%), Vitamin D: 0.34µg (2.29%)