

Plum Pudding

READY IN



270 min.

SERVINGS



12

CALORIES



459 kcal

DESSERT

Ingredients

- ☐ 1 cup bread crumbs soft
- ☐ 0.5 cup brown sugar
- ☐ 0.3 cup butter
- ☐ 1 tablespoon rum dark
- ☐ 3 eggs separated
- ☐ 1 cup flour
- ☐ 0.3 cup candied lemon peel finely chopped
- ☐ 0.3 cup blackstrap molasses
- ☐ 1 cup powdered sugar

- ☐ 1 cup prune pulp
- ☐ 1 cup prune- cut to pieces uncooked chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 cup suet chopped
- ☐ 0.5 teaspoon vanilla extract

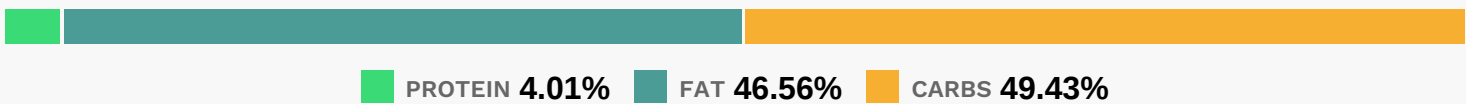
Equipment

- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Sift together the flour, salt, baking soda and spices.
- ☐ Mix together the rest of the ingredients, except the egg whites, adding just the yolks. Whip the egg whites until stiff and fold into the batter. Grease a pudding mold dredged with sugar and pour in batter. Cover the mold with its lid or cover tightly with foil. Steam for 3 to 4 hours, depending on the size of your mold.
- ☐ Serve hot with hard sauce. If you are not serving the pudding immediately, store in the refrigerator soaking in 1 ounce of brandy.
- ☐ Add 1 ounce each week.
- ☐ Serve with warmed Hard Sauce.
- ☐ Cream the butter in an electric mixer until pale in color.
- ☐ Add the sugar and mix well.
- ☐ Add the flavorings and mix in then adjust, to taste.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:12.84, Inflammation Score:-4, Nutrition Score:8.5104347622913%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 459.48kcal (22.97%), Fat: 24.12g (37.1%), Saturated Fat: 13.24g (82.74%), Carbohydrates: 57.6g (19.2%), Net Carbohydrates: 54.64g (19.87%), Sugar: 35.7g (39.67%), Cholesterol: 64.49mg (21.5%), Sodium: 165.19mg (7.18%), Alcohol: 0.47g (100%), Alcohol %: 0.53% (100%), Protein: 4.67g (9.35%), Vitamin K: 18.95µg (18.05%), Manganese: 0.36mg (17.9%), Selenium: 10.78µg (15.41%), Vitamin B1: 0.19mg (12.92%), Fiber: 2.96g (11.83%), Vitamin B2: 0.2mg (11.76%), Potassium: 378.9mg (10.83%), Iron: 1.83mg (10.19%), Vitamin B3: 1.9mg (9.51%), Magnesium: 37.8mg (9.45%), Folate: 35.71µg (8.93%), Copper: 0.17mg (8.51%), Vitamin A: 405.07IU (8.1%), Vitamin B6: 0.15mg (7.7%), Phosphorus: 74.83mg (7.48%), Calcium: 62.99mg (6.3%), Vitamin B5: 0.48mg (4.78%), Vitamin E: 0.66mg (4.43%), Zinc: 0.55mg (3.67%), Vitamin C: 2.75mg (3.34%), Vitamin B12: 0.19µg (3.18%), Vitamin D: 0.22µg (1.47%)