



Plum pudding

 Dairy Free

READY IN



480 min.

SERVINGS



8

CALORIES



513 kcal

DESSERT

Ingredients

- ☐ 85 g self raising flour
- ☐ 0.8 tsp spice mixed
- ☐ 140 g suet shredded
- ☐ 85 g breadcrumbs fresh white
- ☐ 140 g t brown sugar dark
- ☐ 140 g raisins
- ☐ 140 g golden raisins
- ☐ 140 g currants

- ☐ 25 g candied orange peel mixed chopped
- ☐ 1 orange juice finely grated
- ☐ 1 juice of lemon finely grated
- ☐ 25 g cherries chopped
- ☐ 1 small carrots grated
- ☐ 3 tbsp porter sweet (we used Mackeson)
- ☐ 2 tsp treacle black
- ☐ 8 servings brandy

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ aluminum foil

Directions

- ☐ Stir the flour, spice, suet, breadcrumbs and sugar in a large bowl. Tip in the fruit, peel, cherries (if using) and carrot, then stir well to mix.
- ☐ Add the remaining ingredients and beat until thoroughly combined.
- ☐ Spoon the mixture into a buttered 1.2 litre pudding bowl (with a buttered disc of greaseproof paper in the bottom) and press down well, leaving room for the pudding to rise a little during steaming. Cover with a circle of buttered greaseproof paper, then cover with pudding cloth or foil and tie securely with string.
- ☐ Stand the bowl on an upturned saucer in a saucepan and half fill with boiling water. Cover tightly and steam for 8 hours, topping up the water as necessary. Leave to cool in the pan.
- ☐ Remove the pudding from the pan and discard the cloth or foil and paper. Then cover with fresh greaseproof paper and cloth. Store your pudding in a cool, dry place until required – you can feed it with a few tablespoons of brandy once in a while. Before serving, steam again for 2–3 hours.

Nutrition Facts



Properties

Glycemic Index:42.91, Glycemic Load:23.72, Inflammation Score:-7, Nutrition Score:8.6600000080855%

Flavonoids

Cyanidin: 0.94mg, Cyanidin: 0.94mg, Cyanidin: 0.94mg, Cyanidin: 0.94mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 1.44mg, Hesperetin: 1.44mg, Hesperetin: 1.44mg, Hesperetin: 1.44mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 512.82kcal (25.64%), Fat: 17.47g (26.88%), Saturated Fat: 9.4g (58.74%), Carbohydrates: 79.77g (26.59%), Net Carbohydrates: 76.04g (27.65%), Sugar: 44g (48.89%), Cholesterol: 11.9mg (3.97%), Sodium: 106.37mg (4.62%), Alcohol: 5.01g (100%), Alcohol %: 4.09% (100%), Protein: 4.84g (9.67%), Vitamin A: 1075.42IU (21.51%), Manganese: 0.42mg (21.22%), Potassium: 543.77mg (15.54%), Fiber: 3.74g (14.95%), Iron: 2.2mg (12.22%), Copper: 0.24mg (11.9%), Vitamin B1: 0.18mg (11.68%), Selenium: 7.54µg (10.78%), Vitamin C: 8.16mg (9.89%), Vitamin B6: 0.19mg (9.31%), Vitamin B2: 0.15mg (8.82%), Phosphorus: 87.55mg (8.76%), Vitamin B3: 1.66mg (8.3%), Calcium: 79.6mg (7.96%), Magnesium: 31.45mg (7.86%), Folate: 22.38µg (5.6%), Vitamin K: 3.51µg (3.35%), Zinc: 0.48mg (3.17%), Vitamin E: 0.41mg (2.74%), Vitamin B5: 0.22mg (2.21%), Vitamin B12: 0.08µg (1.41%)