



Plum Pudding I

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



585 kcal

DESSERT

Ingredients

- 0.5 cup butter room temperature
- 0.5 cup candied citron chopped
- 1.5 cups bread crumbs dry fine
- 6 eggs room temperature
- 0.5 cup flour all-purpose
- 0.5 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg

- 1 cup pecans coarsely chopped
- 1.5 cups prune- cut to pieces pitted chopped
- 0.5 cup raisins
- 1 cup sugar white

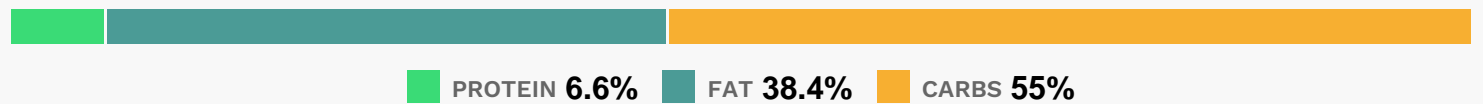
Equipment

- bowl
- oven
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 2 quart souffle or casserole dish.
- In a large bowl, cream together the butter and sugar until light and fluffy. Beat in the eggs one at a time.
- In a separate bowl combine the citron, prunes, raisins and pecans. Stir in the flour and toss so that everything is coated with flour.
- To the butter mixture add the fruit and nut mixture along with the bread crumbs, cinnamon, nutmeg and allspice.
- Mix well and transfer to prepared dish.
- Bake in preheated oven for 50 to 55 minutes, or until well browned.

Nutrition Facts



Properties

Glycemic Index:47.86, Glycemic Load:31.08, Inflammation Score:-6, Nutrition Score:15.293478255687%

Flavonoids

Cyanidin: 1.7mg, Cyanidin: 1.7mg, Cyanidin: 1.7mg, Cyanidin: 1.7mg Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg,

Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 585.31kcal (29.27%), Fat: 25.97g (39.95%), Saturated Fat: 9.54g (59.61%), Carbohydrates: 83.7g (27.9%), Net Carbohydrates: 77.98g (28.36%), Sugar: 46.97g (52.19%), Cholesterol: 153.26mg (51.09%), Sodium: 299.26mg (13.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.04g (20.08%), Manganese: 1.05mg (52.47%), Selenium: 18.92µg (27.02%), Vitamin B1: 0.39mg (25.92%), Fiber: 5.72g (22.9%), Vitamin B2: 0.38mg (22.11%), Vitamin K: 22.45µg (21.38%), Copper: 0.38mg (18.89%), Phosphorus: 178.95mg (17.89%), Vitamin A: 798.63IU (15.97%), Iron: 2.87mg (15.94%), Folate: 56.72µg (14.18%), Vitamin B3: 2.72mg (13.6%), Potassium: 475.45mg (13.58%), Magnesium: 48.4mg (12.1%), Zinc: 1.58mg (10.55%), Vitamin B6: 0.2mg (9.9%), Vitamin B5: 0.93mg (9.28%), Calcium: 91.95mg (9.19%), Vitamin E: 1.04mg (6.91%), Vitamin B12: 0.39µg (6.48%), Vitamin D: 0.66µg (4.4%), Vitamin C: 0.9mg (1.09%)