



Plum Pudding Tartlets

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup brown sugar packed
- ☐ 3 tablespoons butter softened
- ☐ 1 Dash ground cloves
- ☐ 0.5 pound plums dried pitted finely chopped
- ☐ 1 large eggs
- ☐ 3 ounces flour all-purpose

- ☐ 0.3 cup granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons orange juice fresh
- ☐ 1 tablespoon powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup water
- ☐ 1.5 ounces flour whole wheat

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

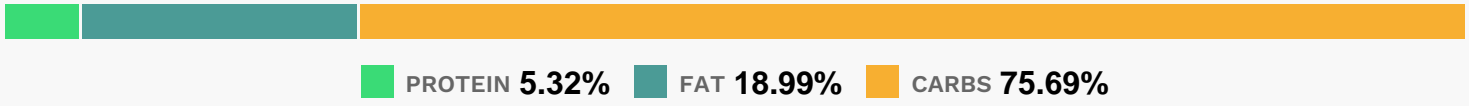
Directions

- ☐ Combine first 7 ingredients in a small saucepan; bring to a boil. Reduce heat, and simmer 6 minutes or until plums are tender and liquid is almost absorbed. Cool completely.
- ☐ Preheat oven to 37
- ☐ Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours, baking powder, baking soda, and salt; stir with a whisk.
- ☐ Place granulated sugar and butter in a large bowl; beat with a mixer at medium speed until well blended (about 4 minutes).
- ☐ Add egg; beat well.

- ☐
- Add flour mixture; beat at low speed just until blended.

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Nutrition Facts



Properties

Glycemic Index:15.55, Glycemic Load:5.05, Inflammation Score:-1, Nutrition Score:2.3382608929406%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 79.02kcal (3.95%), Fat: 1.75g (2.69%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 15.69g (5.23%), Net Carbohydrates: 14.7g (5.35%), Sugar: 9.13g (10.15%), Cholesterol: 11.51mg (3.84%), Sodium: 43.62mg (1.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.21%), Manganese: 0.16mg (7.81%), Vitamin K: 5.86µg (5.58%), Selenium: 3.04µg (4.34%), Fiber: 0.99g (3.94%), Vitamin B1: 0.04mg (2.93%), Vitamin B2: 0.05mg (2.89%), Vitamin A: 131.94IU (2.64%), Potassium: 90.81mg (2.59%), Vitamin B3: 0.49mg (2.44%), Folate: 9.27µg (2.32%), Phosphorus: 22.6mg (2.26%), Copper: 0.04mg (2.18%), Iron: 0.39mg (2.17%), Magnesium: 8mg (2%), Vitamin B6: 0.03mg (1.7%), Calcium: 12.56mg (1.26%), Vitamin C: 1.01mg (1.22%), Vitamin B5: 0.11mg (1.08%)