

Pumpkin Sticky Toffee Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



785 kcal

DESSERT

Ingredients

- 2 cups flour
- 0.3 tsp allspice
- 2 tsp double-acting baking powder
- 0.8 cup brown sugar
- 0.3 cup canola oil
- 1 tsp cinnamon
- 2 eggs
- 1 tsp ground ginger

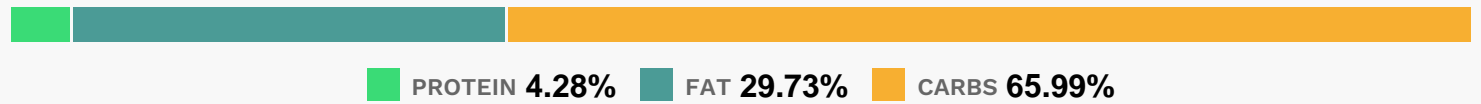
- 1 cup cup heavy whipping cream
- 0.5 cup milk
- 0.5 tsp nutmeg
- 1.3 cups pumpkin puree
- 0.5 tsp salt
- 2 cups granulated sugar white

Equipment

Directions

- See the full recipe at [Because I Like Chocolate](#).

Nutrition Facts



Properties

Glycemic Index:60.85, Glycemic Load:70.34, Inflammation Score:-10, Nutrition Score:17.604782467303%

Nutrients (% of daily need)

Calories: 784.79kcal (39.24%), Fat: 26.55g (40.85%), Saturated Fat: 10.85g (67.78%), Carbohydrates: 132.62g (44.21%), Net Carbohydrates: 129.68g (47.16%), Sugar: 97.27g (108.08%), Cholesterol: 101.82mg (33.94%), Sodium: 407.55mg (17.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.6g (17.2%), Vitamin A: 8640.84IU (172.82%), Selenium: 21.33µg (30.47%), Manganese: 0.57mg (28.49%), Vitamin B2: 0.42mg (24.5%), Vitamin B1: 0.37mg (24.36%), Folate: 91.36µg (22.84%), Calcium: 198.18mg (19.82%), Iron: 3.44mg (19.14%), Vitamin E: 2.74mg (18.26%), Phosphorus: 171.4mg (17.14%), Vitamin K: 16.46µg (15.67%), Vitamin B3: 2.77mg (13.87%), Fiber: 2.94g (11.74%), Vitamin B5: 0.83mg (8.28%), Potassium: 283.7mg (8.11%), Magnesium: 32.12mg (8.03%), Vitamin D: 1.15µg (7.68%), Copper: 0.15mg (7.64%), Vitamin B6: 0.11mg (5.62%), Zinc: 0.79mg (5.24%), Vitamin B12: 0.3µg (5.06%), Vitamin C: 2.44mg (2.95%)