



Rhubarb steamed pudding

 Vegetarian

READY IN



115 min.

SERVINGS



6

CALORIES



417 kcal

DESSERT

Ingredients

- ☐ 350 g rhubarb fresh cut into 4cm lengths
- ☐ 200 g sugar
- ☐ 1 tsp ground ginger
- ☐ 125 g butter unsalted
- ☐ 3 drops vanilla extract
- ☐ 2 medium eggs beaten
- ☐ 175 g self raising flour

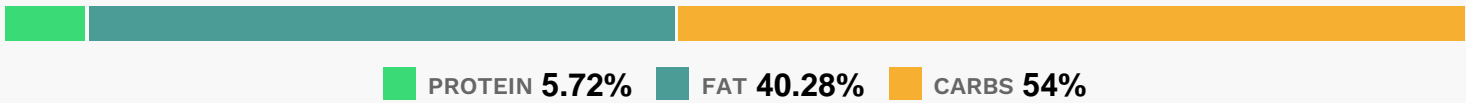
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Cook the rhubarb with 75g/2oz of the sugar and the ginger over a gentle heat for 2–3 mins until just starting to soften.
- ☐ Remove from heat.
- ☐ Grease a 900ml pudding basin. Put butter and remaining sugar in a bowl and cream together. Stir in vanilla extract, then beat in eggs, a little at a time. Sift in flour and carefully fold into the mixture.
- ☐ Spoon rhubarb into the bottom of the basin, then spoon the sponge mixture on top and level off surface.
- ☐ Butter a piece of greaseproof paper slightly bigger than the top of the pudding basin. Make a pleat in the centre and secure over the top of basin. Repeat with a piece of foil, then secure the whole thing with string.
- ☐ Place in a pan half filled with simmering water. Cover and cook for 1 hrs, checking regularly that the pan does not boil dry.
- ☐ Remove cover, invert the pudding onto a plate, then carefully lift off the pudding basin.
- ☐ Serve with crme frache or single cream.

Nutrition Facts



Properties

Glycemic Index:25.02, Glycemic Load:37.18, Inflammation Score:-4, Nutrition Score:7.1660869432532%

Flavonoids

Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3–gallate: 0.35mg, Epicatechin 3–gallate: 0.35mg, Epicatechin 3–gallate: 0.35mg, Epicatechin 3–gallate: 0.35mg

Nutrients (% of daily need)

Calories: 417.37kcal (20.87%), Fat: 19.01g (29.25%), Saturated Fat: 11.27g (70.44%), Carbohydrates: 57.34g (19.11%), Net Carbohydrates: 55.55g (20.2%), Sugar: 34.08g (37.87%), Cholesterol: 99.35mg (33.12%), Sodium: 26.45mg (1.15%), Alcohol: 0.02g (100%), Alcohol %: 0.01% (100%), Protein: 6.07g (12.14%), Selenium: 17.3µg (24.71%), Manganese: 0.45mg (22.58%), Vitamin K: 18.68µg (17.79%), Vitamin A: 660IU (13.2%), Fiber: 1.79g (7.17%), Phosphorus: 71.01mg (7.1%), Calcium: 68.44mg (6.84%), Vitamin B2: 0.12mg (6.82%), Potassium: 227.11mg (6.49%), Vitamin E: 0.91mg (6.08%), Vitamin C: 4.67mg (5.66%), Folate: 21.27µg (5.32%), Magnesium: 17.12mg (4.28%), Vitamin B5: 0.43mg (4.27%), Copper: 0.08mg (4.15%), Iron: 0.73mg (4.04%), Vitamin D: 0.61µg (4.04%), Zinc: 0.53mg (3.52%), Vitamin B1: 0.04mg (2.8%), Vitamin B12: 0.17µg (2.77%), Vitamin B6: 0.05mg (2.61%), Vitamin B3: 0.52mg (2.58%)