



## Simple summer pudding

 Vegetarian  Vegan  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



103 kcal

### Ingredients

- 450 g poached berries frozen
- 4 tbsp blackcurrants
- 225 g fruit red organic
- 6 medium slices sandwich bread white

### Equipment

- bowl

### Directions

- Mix the first 3 ingredients and leave for 5–10 mins. If you're using defrosted fruit, tip in some of the juice, too. Meanwhile, line a 1.2 litre pudding basin with cling film, leaving an overhang.
- Cut a circle of bread to fit the base, then quarter the rest.
- Drain the juices from the soaked fruit into a bowl, dip the bread in until soaked.
- Layer up the fruit and bread, pour over the remaining juices and cover with the overhanging cling film weigh down with a small plate and a couple of cans. Chill in the fridge for 10 mins or until ready to eat.
- Serve with single cream.

## Nutrition Facts

**PROTEIN 3.85%** **FAT 7.14%** **CARBS 89.01%**

### Properties

Glycemic Index:18.69, Glycemic Load:0.53, Inflammation Score:-5, Nutrition Score:6.0504348459451%

### Flavonoids

Cyanidin: 14.14mg, Cyanidin: 14.14mg, Cyanidin: 14.14mg, Cyanidin: 14.14mg Petunidin: 21mg, Petunidin: 21mg, Petunidin: 21mg, Petunidin: 21mg Delphinidin: 37.53mg, Delphinidin: 37.53mg, Delphinidin: 37.53mg, Delphinidin: 37.53mg Malvidin: 55.86mg, Malvidin: 55.86mg, Malvidin: 55.86mg, Malvidin: 55.86mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 0.63mg, Peonidin: 0.63mg, Peonidin: 0.63mg, Peonidin: 0.63mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.03mg, Luteolin: 2.03mg, Luteolin: 2.03mg, Luteolin: 2.03mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Myricetin: 2.89mg, Myricetin: 2.89mg, Myricetin: 2.89mg, Myricetin: 2.89mg Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg

### Nutrients (% of daily need)

Calories: 102.8kcal (5.14%), Fat: 0.89g (1.37%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 24.98g (8.33%), Net Carbohydrates: 21g (7.64%), Sugar: 15.91g (17.68%), Cholesterol: 0mg (0%), Sodium: 11.39mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.16%), Vitamin C: 30.8mg (37.34%), Vitamin K: 21.04µg (20.04%), Fiber: 3.97g (15.89%), Manganese: 0.23mg (11.36%), Vitamin A: 255.63IU (5.11%), Copper: 0.09mg (4.69%), Vitamin B3: 0.92mg (4.61%), Vitamin E: 0.69mg (4.61%), Potassium: 160.16mg (4.58%), Vitamin B6: 0.09mg (4.33%), Vitamin B2: 0.07mg (3.89%), Vitamin B1: 0.06mg (3.85%), Iron: 0.65mg (3.64%), Magnesium: 12.39mg (3.1%), Phosphorus: 29.54mg (2.95%), Folate: 10.66µg (2.67%), Calcium: 23.11mg (2.31%), Vitamin B5: 0.23mg (2.31%), Zinc: 0.18mg (1.22%)