



Sister Lemon's Inexpensive Christmas Pudding

 Vegetarian

READY IN



55 min.

SERVINGS



12

CALORIES



408 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 2 cups brown sugar
- ☐ 2 tablespoons butter
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 cup milk

- ☐ 1 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 1 cup walnuts
- ☐ 4 cups water hot
- ☐ 1 cup sugar white

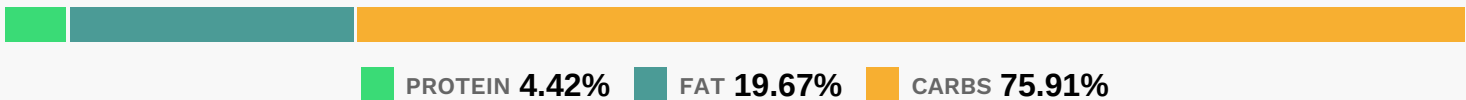
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Generously grease a 9x13-inch baking dish.
- ☐ Bring water, brown sugar, and 1/4 cup butter to a boil in saucepan until the sugar dissolves and the mixture is syrup-like; reduce heat to low and keep warm.
- ☐ Beat 2 tablespoons butter and white sugar together with an electric mixer in a large bowl until smooth.
- ☐ Sift flour, baking soda, salt, nutmeg, and cinnamon together in a separate bowl; add gradually to the butter mixture alternately with the milk, beating to integrate each addition before adding the next until you have a moist batter. Fold raisins and walnuts into the batter; pour into prepared baking dish.
- ☐ Drizzle the syrup over the batter.
- ☐ Bake in preheated oven until firm, 40 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:32.24, Glycemic Load:28.74, Inflammation Score:-3, Nutrition Score:7.250434751096%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

Nutrients (% of daily need)

Calories: 408.44kcal (20.42%), Fat: 9.25g (14.24%), Saturated Fat: 2.25g (14.07%), Carbohydrates: 80.34g (26.78%), Net Carbohydrates: 78.25g (28.45%), Sugar: 53.52g (59.46%), Cholesterol: 7.46mg (2.49%), Sodium: 271.97mg (11.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.36%), Manganese: 0.55mg (27.46%), Vitamin B1: 0.22mg (14.81%), Copper: 0.25mg (12.7%), Selenium: 8.57µg (12.24%), Folate: 48.55µg (12.14%), Iron: 1.84mg (10.24%), Vitamin B2: 0.17mg (10.1%), Phosphorus: 88.09mg (8.81%), Fiber: 2.1g (8.4%), Vitamin B3: 1.54mg (7.69%), Magnesium: 30.39mg (7.6%), Calcium: 75.62mg (7.56%), Potassium: 245.8mg (7.02%), Vitamin B6: 0.11mg (5.6%), Zinc: 0.58mg (3.86%), Vitamin B5: 0.28mg (2.79%), Vitamin B12: 0.11µg (1.9%), Vitamin A: 93.53IU (1.87%), Vitamin D: 0.22µg (1.49%)