

South African Brown Pudding

READY IN

ready

80 min.

SERVINGS

servings

16

CALORIES

calories

287 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons apricot preserves
- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 0.5 cup butter
- ☐ 4 eggs
- ☐ 2 cups flour
- ☐ 16 servings sauce
- ☐ 1 cup milk
- ☐ 0.5 teaspoon salt

- ☐ 1 cup sugar
- ☐ 2 teaspoons vanilla
- ☐ 1 cup water
- ☐ 3 tablespoons distilled vinegar white
- ☐ 2 cups sugar white

Equipment

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

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Beat 2 cups sugar and eggs with an electric mixer in a large bowl until light and fluffy. Stir in the flour, baking powder, baking soda, salt, vinegar, and apricot jam.
- ☐ Pour in 2 cups of milk and stir until well combined. Spoon the batter into a greased, 2 quart oven-proof baking dish.
- ☐ Bake in the preheated oven for 60 to 70 minutes, or until a knife inserted into the center comes out clean. Pierce the baked pudding several times with a skewer or fork.
- ☐ Place 1 cup sugar, water, 1 cup milk, butter, and vanilla in a saucepan and stir over medium heat. When the mixture comes to a boil remove it from the heat and slowly pour the mixture over the hot pudding.
- ☐ Serve warm.

Nutrition Facts



 **PROTEIN 4.94%**  **FAT 23.27%**  **CARBS 71.79%**

Properties

Glycemic Index:24.7, Glycemic Load:35.2, Inflammation Score:-3, Nutrition Score:4.2843478564983%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 286.65kcal (14.33%), Fat: 7.52g (11.58%), Saturated Fat: 1.84g (11.48%), Carbohydrates: 52.22g (17.41%), Net Carbohydrates: 51.79g (18.83%), Sugar: 39.62g (44.02%), Cholesterol: 42.75mg (14.25%), Sodium: 365.31mg (15.88%), Alcohol: 0.17g (100%), Alcohol %: 0.2% (100%), Protein: 3.59g (7.18%), Selenium: 9.26µg (13.22%), Vitamin B2: 0.16mg (9.37%), Vitamin B1: 0.14mg (9.09%), Folate: 33.86µg (8.46%), Vitamin A: 342.97IU (6.86%), Phosphorus: 66.87mg (6.69%), Calcium: 60.37mg (6.04%), Manganese: 0.12mg (5.79%), Iron: 1.01mg (5.59%), Vitamin B3: 0.95mg (4.76%), Vitamin B12: 0.19µg (3.12%), Vitamin B5: 0.3mg (3.01%), Vitamin D: 0.39µg (2.59%), Vitamin E: 0.36mg (2.37%), Zinc: 0.32mg (2.14%), Copper: 0.04mg (1.94%), Magnesium: 7.28mg (1.82%), Vitamin B6: 0.04mg (1.81%), Potassium: 61.34mg (1.75%), Fiber: 0.43g (1.72%)