



Spotted dick

 Popular

READY IN



105 min.

SERVINGS



6

CALORIES



657 kcal

SIDE DISH

Ingredients

- ☐ 250 g self raising flour
- ☐ 1 pinch salt
- ☐ 125 g suet shredded
- ☐ 180 g currants
- ☐ 80 g sugar
- ☐ 1 lemon zest finely grated
- ☐ 1 orange zest finely grated
- ☐ 150 ml milk whole

☐ 6 servings custard sauce

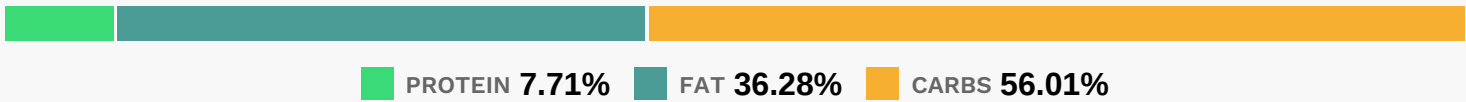
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Put the flour and salt in a bowl.
- ☐ Add the suet, currants, sugar, lemon and orange zest.
- ☐ Pour in 150ml milk and mix to a firm but moist dough, adding the extra milk if necessary.
- ☐ Shape into a fat roll about 20cm long.
- ☐ Place on a large rectangle of baking parchment. Wrap loosely to allow for the pudding to rise and tie the ends with string like a Christmas cracker.
- ☐ Place a steamer over a large pan of boiling water, add the pudding to the steamer, cover and steam for 1 hours. Top up the pan with water from time to time.
- ☐ Remove from the steamer and allow to cool slightly before unwrapping.
- ☐ Serve sliced with custard.

Nutrition Facts



Properties

Glycemic Index:39.45, Glycemic Load:43.87, Inflammation Score:-3, Nutrition Score:13.342608659164%

Nutrients (% of daily need)

Calories: 656.57kcal (32.83%), Fat: 26.86g (41.32%), Saturated Fat: 14.37g (89.8%), Carbohydrates: 93.28g (31.09%), Net Carbohydrates: 90.64g (32.96%), Sugar: 40.2g (44.67%), Cholesterol: 89.17mg (29.72%), Sodium: 150.14mg (6.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.85g (25.7%), Selenium: 25.85µg (36.93%), Phosphorus: 283.12mg (28.31%), Calcium: 265.47mg (26.55%), Vitamin B2: 0.42mg (24.78%), Manganese: 0.48mg (24.12%), Potassium: 614.75mg (17.56%), Vitamin B12: 0.93µg (15.48%), Vitamin D: 1.98µg (13.17%), Vitamin B5: 1.3mg (13.03%), Vitamin B1: 0.19mg (12.42%), Magnesium: 47.67mg (11.92%), Vitamin B6: 0.22mg (11.08%), Copper: 0.21mg (10.65%), Fiber: 2.64g (10.55%), Zinc: 1.34mg (8.96%), Iron: 1.48mg (8.25%), Folate: 30.38µg (7.59%), Vitamin C: 5.56mg (6.74%), Vitamin A: 330.02IU (6.6%), Vitamin B3: 1.19mg (5.96%), Vitamin E: 0.62mg (4.11%), Vitamin K:

2.22µg (2.12%)