



## Spotted Dick

 Vegetarian

READY IN



300 min.

SERVINGS



6

CALORIES



265 kcal

SIDE DISH

## Ingredients

- ☐ 6 servings custard sauce
- ☐ 0.5 cup currants and golden raisins mixed dried assorted
- ☐ 0.5 teaspoon lemon zest fresh finely grated
- ☐ 6 servings suet pastry dough

## Equipment

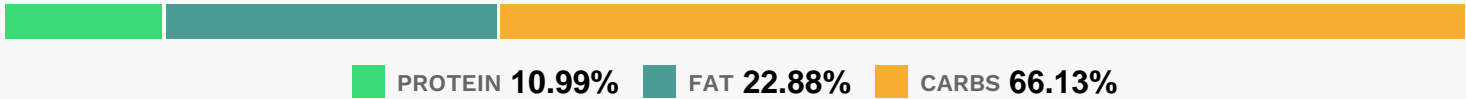
- ☐ knife
- ☐ pot
- ☐ aluminum foil

- ☐ cookie cutter
- ☐ wax paper

## Directions

- ☐ Fill a large heavy pot (at least 8 inches across by 6 inches deep, with a tight-fitting lid) with 1 1/2 inches water. Make a platform for pudding by setting metal cookie cutters or egg-poaching rings in bottom of pot. Knead fruit and zest into dough and form dough into a ball. Put into well-buttered pudding mold and flatten top. Top dough with a round of buttered wax paper, buttered side down, and cover top of mold with heavy-duty foil, crimping tightly around edge.
- ☐ Bring water in pot to a boil and set mold on platform. Steam pudding, covered, over simmering water 1 1/2 to 2 hours (add more boiling water to pot if necessary), or until golden and puffed.
- ☐ Transfer pudding in mold to a rack and let stand 5 minutes. Discard foil and wax paper and run a thin knife around edge of pudding. Invert a plate over mold, then invert pudding onto plate.
- ☐ Serve immediately with custard sauce.
- ☐ Coarsely chop any large pieces of dried fruit.

## Nutrition Facts



## Properties

Glycemic Index:21.88, Glycemic Load:17.91, Inflammation Score:-3, Nutrition Score:8.9230434790902%

## Flavonoids

Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

## Nutrients (% of daily need)

Calories: 265.4kcal (13.27%), Fat: 6.84g (10.52%), Saturated Fat: 3.16g (19.77%), Carbohydrates: 44.45g (14.82%), Net Carbohydrates: 43.58g (15.85%), Sugar: 13.99g (15.54%), Cholesterol: 71.91mg (23.97%), Sodium: 211.67mg (9.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.39g (14.77%), Vitamin B2: 0.4mg (23.42%), Phosphorus: 211.47mg (21.15%), Calcium: 204.71mg (20.47%), Selenium: 12.97µg (18.53%), Vitamin B1: 0.19mg (12.66%), Vitamin B12: 0.73µg (12.22%), Potassium: 396.34mg (11.32%), Vitamin D: 1.69µg (11.28%), Vitamin B5:

1.06mg (10.6%), Folate: 29.79µg (7.45%), Magnesium: 29.66mg (7.42%), Iron: 1.31mg (7.26%), Manganese: 0.14mg (6.88%), Vitamin B6: 0.14mg (6.76%), Zinc: 0.85mg (5.68%), Vitamin B3: 1.1mg (5.49%), Copper: 0.11mg (5.28%), Vitamin A: 256.7IU (5.13%), Fiber: 0.86g (3.45%), Vitamin K: 1.18µg (1.12%)