



Steamed Plum Pudding

READY IN



210 min.

SERVINGS



8

CALORIES



676 kcal

DESSERT

Ingredients

- ☐ 1 cup milk
- ☐ 3 cups breadcrumbs soft (5 slices bread)
- ☐ 0.5 cup shortening melted
- ☐ 0.5 cup blackstrap molasses
- ☐ 0.5 cup raisins
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup candied citron finely chopped
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 teaspoon baking soda

- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 cup granulated sugar packed
- ☐ 0.3 cup butter
- ☐ 0.5 cup plus light
- ☐ 0.5 cup frangelico

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ toothpicks
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Generously grease bottom and side of 4-cup heatproof mold. In large bowl, pour milk over bread crumbs. Stir in shortening and molasses until well mixed. Stir in remaining pudding ingredients until well blended.
- ☐ Pour into mold. Cover with foil.
- ☐ Place mold on rack in Dutch oven.
- ☐ Pour in boiling water up to level of rack. Cover and heat to boiling. Keep water boiling over low heat about 3 hours or until toothpick inserted in center comes out clean. (If adding water during steaming is necessary, uncover and quickly add boiling water.)
- ☐ In 1 1/2-quart saucepan, mix all sauce ingredients. Cook over low heat 5 minutes, stirring occasionally.
- ☐ Unmold pudding; cut into slices.
- ☐ Serve warm with sauce.

Nutrition Facts



 PROTEIN **4.84%**  FAT **28.66%**  CARBS **66.5%**

Properties

Glycemic Index:40.61, Glycemic Load:40.48, Inflammation Score:-6, Nutrition Score:14.830869506235%

Nutrients (% of daily need)

Calories: 675.65kcal (33.78%), Fat: 22.02g (33.87%), Saturated Fat: 5.49g (34.33%), Carbohydrates: 114.92g (38.31%), Net Carbohydrates: 111.61g (40.58%), Sugar: 68.65g (76.28%), Cholesterol: 3.66mg (1.22%), Sodium: 691.16mg (30.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.37g (16.75%), Manganese: 0.96mg (48.25%), Vitamin B1: 0.57mg (37.75%), Selenium: 20.26µg (28.95%), Iron: 4mg (22.23%), Magnesium: 79.55mg (19.89%), Vitamin B3: 3.95mg (19.75%), Folate: 72.34µg (18.08%), Vitamin B2: 0.31mg (18.07%), Calcium: 172.56mg (17.26%), Potassium: 536.54mg (15.33%), Fiber: 3.31g (13.24%), Copper: 0.26mg (13.14%), Phosphorus: 130.39mg (13.04%), Vitamin B6: 0.23mg (11.73%), Vitamin K: 9.9µg (9.43%), Vitamin E: 1.08mg (7.22%), Zinc: 1.01mg (6.74%), Vitamin B5: 0.67mg (6.74%), Vitamin A: 306.85IU (6.14%), Vitamin B12: 0.31µg (5.23%), Vitamin D: 0.34µg (2.24%)