



Stem ginger & squash steamed pudding



Vegetarian



Gluten Free



Low Fod Map

READY IN



115 min.

SERVINGS



10

CALORIES



237 kcal

DESSERT

Ingredients

- ☐ 10 servings butter for greasing
- ☐ 3 balls ginger finely chopped
- ☐ 3 large eggs
- ☐ 200 g brown sugar
- ☐ 200 g butternut squash finely grated peeled
- ☐ 1 lemon zest
- ☐ 175 g rice flour
- ☐ 50 g almond flour

- ☐ 2 tsp ground ginger
- ☐ 2 tsp double-acting baking powder

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Lightly butter a 1.5-litre pudding basin. Put one-third of the stem ginger and all the ginger syrup in the bottom. Set aside.
- ☐ In a bowl, beat the eggs and sugar with an electric whisk until pale and fluffy. Fold in the butternut squash, lemon zest and the remaining stem ginger. Fold the dry ingredients into the egg mixture with a large metal spoon until well combined.
- ☐ Fill the basin with the sponge mixture. Cover with a layer of buttered baking parchment and foil, making a pleat in the centre to allow the pudding to rise. Tie on securely with string, then put in a steamer or large pan with an upturned bowl in the bottom.
- ☐ Add boiling water to come halfway up the sides of the basin, cover with a lid and simmer for 1 hrs. Check the water level every now and then, and top up if you need to.
- ☐ To test when the sponge is ready, insert a skewer into the centre. It should come out clean with no trace of raw mixture. Unwrap and serve hot.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:9.49, Inflammation Score:-8, Nutrition Score:7.0847826444584%

Nutrients (% of daily need)

Calories: 236.82kcal (11.84%), Fat: 8.24g (12.68%), Saturated Fat: 3.3g (20.6%), Carbohydrates: 37.81g (12.6%), Net Carbohydrates: 36.34g (13.22%), Sugar: 20.14g (22.37%), Cholesterol: 66.55mg (22.18%), Sodium: 157.54mg (6.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.61%), Vitamin A: 2332.36IU (46.65%), Manganese: 0.39mg (19.4%), Selenium: 7.85µg (11.21%), Calcium: 103.37mg (10.34%), Phosphorus: 76.39mg (7.64%), Vitamin B6: 0.14mg (7.24%), Vitamin C: 4.99mg (6.05%), Fiber: 1.47g (5.89%), Iron: 0.98mg (5.42%), Vitamin B5: 0.49mg (4.89%), Vitamin B2: 0.08mg (4.65%), Magnesium: 17.86mg (4.47%), Potassium: 139.34mg (3.98%), Vitamin E: 0.58mg (3.89%), Vitamin B3: 0.77mg (3.84%), Folate: 13.66µg (3.41%), Vitamin B1: 0.05mg (3.4%), Copper: 0.06mg (3.02%), Zinc: 0.39mg (2.6%), Vitamin B12: 0.14µg (2.37%), Vitamin D: 0.3µg (2%)