



Sticky chocolate pudding with marshmallows

 Popular

READY IN



85 min.

SERVINGS



10

CALORIES



670 kcal

DESSERT

Ingredients

- ☐ 140 g butter melted for the dish
- ☐ 375 g self raising flour
- ☐ 175 g sugar
- ☐ 2 tsp double-acting baking powder
- ☐ 6 tbsp cocoa powder
- ☐ 350 ml milk
- ☐ 3 eggs beaten
- ☐ 1 tsp vanilla extract

- ☐ 10 servings whipped cream
- ☐ 450 g g muscovado sugar light
- ☐ 7 tbsp cocoa powder
- ☐ 2 large handfuls marshmallows

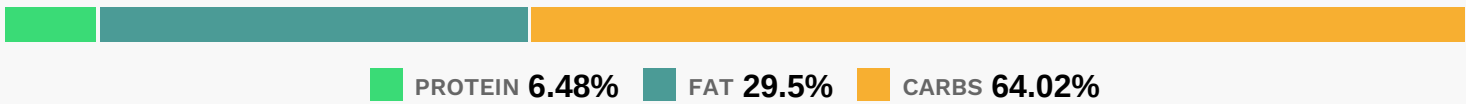
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Butter a large baking dish (about 2–3 litres in size). Sift the flour, tsp salt, caster sugar, baking powder and 6 tbsp cocoa powder into a bowl. In a separate bowl, combine the milk, melted butter, eggs and vanilla.
- ☐ Mix the dry and wet ingredients together, then pour into the baking dish. This can be covered with cling film and chilled for up to 24 hrs.
- ☐ Heat oven to 180C/160C fan/gas 4 and boil the kettle. Take the pudding out of the fridge and uncover, if necessary.
- ☐ Sprinkle the muscovado sugar and cocoa evenly over the pudding, then pour 700ml boiling water over the top.
- ☐ Bake for 35–45 mins until the pudding is puffy and firm in the centre. Scatter over the marshmallows and return to the oven for 30–second intervals until they are just melting.
- ☐ Serve straight away it will be hot with cream or ice cream

Nutrition Facts



Properties

Glycemic Index:43.86, Glycemic Load:40.03, Inflammation Score:-6, Nutrition Score:12.367826159882%

Flavonoids

Catechin: 4.55mg, Catechin: 4.55mg, Catechin: 4.55mg, Catechin: 4.55mg Epicatechin: 13.79mg, Epicatechin: 13.79mg, Epicatechin: 13.79mg, Epicatechin: 13.79mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 669.62kcal (33.48%), Fat: 22.67g (34.87%), Saturated Fat: 13.42g (83.88%), Carbohydrates: 110.67g (36.89%), Net Carbohydrates: 106.71g (38.8%), Sugar: 77.31g (85.9%), Cholesterol: 112.58mg (37.53%), Sodium: 288mg (12.52%), Alcohol: 0.14g (100%), Alcohol %: 0.08% (100%), Caffeine: 16.15mg (5.38%), Protein: 11.2g (22.4%), Selenium: 22.61µg (32.3%), Manganese: 0.61mg (30.37%), Calcium: 245.88mg (24.59%), Phosphorus: 245.15mg (24.52%), Copper: 0.38mg (19.12%), Vitamin B2: 0.32mg (18.61%), Magnesium: 64.19mg (16.05%), Fiber: 3.96g (15.85%), Vitamin A: 758.23IU (15.16%), Potassium: 412.28mg (11.78%), Iron: 2.04mg (11.32%), Zinc: 1.6mg (10.66%), Vitamin B12: 0.59µg (9.89%), Vitamin B5: 0.98mg (9.77%), Folate: 25µg (6.25%), Vitamin B1: 0.09mg (5.92%), Vitamin B6: 0.12mg (5.86%), Vitamin E: 0.84mg (5.58%), Vitamin D: 0.79µg (5.29%), Vitamin B3: 0.71mg (3.55%), Vitamin K: 1.61µg (1.54%)