



Sticky date & ginger pudding

 Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



444 kcal

DESSERT

Ingredients

- ☐ 85 g butter for greasing
- ☐ 200 g medjool dates pitted roughly chopped
- ☐ 200 ml milk
- ☐ 1 tsp vanilla essence
- ☐ 1 tsp baking soda
- ☐ 140 g self raising flour
- ☐ 2 tsp ground ginger
- ☐ 85 g t brown sugar dark

- ☐ 2 eggs beaten
- ☐ 2 balls ginger chopped
- ☐ 100 g t brown sugar dark
- ☐ 3 tbsp ginger

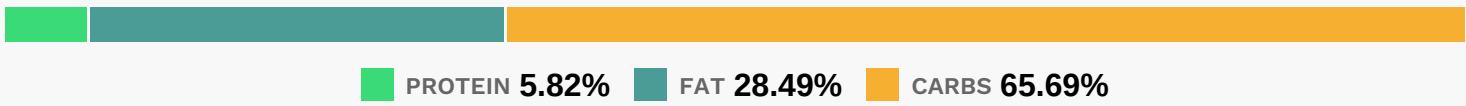
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Lightly grease a deep 2-litre (about 28 x 20cm) oval baking dish. Tip the dates into a pan, pour over the milk and bring up to scalding point.
- ☐ Remove from the heat, add the vanilla essence and bicarbonate of soda, then leave to one side. Sift the flour and ginger into a bowl, then add the sugar, butter and eggs. Beat with an electric whisk for about 5 mins. Fold in the date mixture and stem ginger, then pour into the baking dish.
- ☐ For the sauce, sprinkle the sugar over the pudding batter, then drizzle with the syrup.
- ☐ Pour 250ml boiling water over (do not stir), then bake for 40-45 mins until the pudding is firm to the touch.
- ☐ Serve spoonfuls of the pudding with a generous helping of syrupy sauce from the bottom of the dish. Great with vanilla ice cream or pouring cream.

Nutrition Facts



Properties

Glycemic Index:30.83, Glycemic Load:11.67, Inflammation Score:-4, Nutrition Score:8.2391303615726%

Nutrients (% of daily need)

Calories: 444kcal (22.2%), Fat: 14.48g (22.27%), Saturated Fat: 8.46g (52.88%), Carbohydrates: 75.08g (25.03%), Net Carbohydrates: 72.13g (26.23%), Sugar: 54.03g (60.03%), Cholesterol: 89.14mg (29.71%), Sodium: 344.9mg (15%), Alcohol: 0.24g (100%), Alcohol %: 0.19% (100%), Protein: 6.66g (13.31%), Manganese: 0.52mg (25.94%), Selenium: 15.29µg (21.85%), Fiber: 2.95g (11.82%), Phosphorus: 114.05mg (11.4%), Potassium: 396.41mg (11.33%), Vitamin A: 539.23IU (10.78%), Calcium: 105.7mg (10.57%), Copper: 0.2mg (10.03%), Vitamin B2: 0.16mg (9.19%), Magnesium: 35.79mg (8.95%), Vitamin B6: 0.16mg (8.03%), Vitamin B5: 0.79mg (7.91%), Iron: 1.13mg (6.28%), Vitamin B12: 0.34µg (5.67%), Folate: 20.83µg (5.21%), Zinc: 0.73mg (4.89%), Vitamin B3: 0.95mg (4.73%), Vitamin D: 0.67µg (4.48%), Vitamin B1: 0.06mg (4.16%), Vitamin E: 0.6mg (4.02%), Vitamin K: 2.12µg (2.02%)