



Sticky Date Pudding with Toffee Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



1167 kcal

DESSERT

Ingredients

- 1.5 teaspoons baking soda
- 0.5 teaspoon salt
- 1 cup granulated sugar
- 2 cups water
- 0.5 teaspoon double-acting baking powder
- 1.5 cups brown sugar light packed
- 3 large eggs
- 0.5 teaspoon vanilla
- 2 cups flour all-purpose

- 1 cup cup heavy whipping cream
- 10 ounces dates packed pitted
- 1.8 sticks butter unsalted ()
- 6 servings whipped cream
- 0.5 teaspoon ground ginger

Equipment

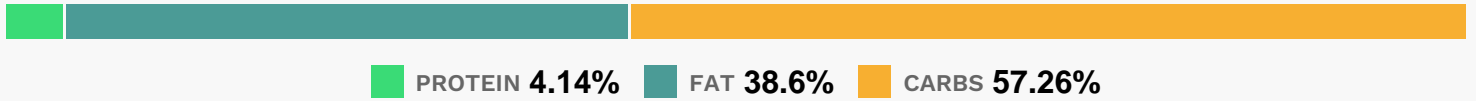
- bowl
- frying pan
- sauce pan
- oven
- baking pan
- hand mixer
- wooden spoon

Directions

- Preheat oven to 375°F. and butter and flour an 8-inch square baking pan (2 inches deep), knocking out excess flour.
- Coarsely chop dates and in a 1 1/2- to 2-quart saucepan simmer dates in water, uncovered, 5 minutes.
- Remove pan from heat and stir in baking soda. (
- Mixture will foam.)
- Let mixture stand 20 minutes.
- While mixture is standing, into a bowl sift together flour, baking powder, ginger, and salt. In a large bowl with an electric mixer beat together butter and sugar until light and fluffy. Beat in eggs 1 at a time, beating well after each addition.
- Add flour mixture in 3 batches, beating after each addition until just combined.
- Add date mixture and with a wooden spoon stir batter until just combined well.
- Pour batter into baking pan and set pan in a larger baking pan.

- Add enough hot water to larger pan to reach halfway up sides of smaller pan and bake in middle of oven until a tester comes out clean, 35 to 40 minutes.
- Remove smaller pan from water bath and cool pudding to warm on a rack.
- In a 1 1/2- to 2-quart heavy saucepan melt butter over moderate heat and add brown sugar. Bring mixture to a boil, stirring occasionally, and stir in cream and vanilla. Simmer sauce, stirring occasionally, until thickened slightly, about 5 minutes. Cool sauce to warm.
- Cut warm pudding into squares.
- Serve pudding with ice cream and warm sauce.

Nutrition Facts



Properties

Glycemic Index:58.35, Glycemic Load:72.04, Inflammation Score:-8, Nutrition Score:17.711304457291%

Flavonoids

Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 1167.49kcal (58.37%), Fat: 51.4g (79.07%), Saturated Fat: 31.4g (196.26%), Carbohydrates: 171.54g (57.18%), Net Carbohydrates: 166.15g (60.42%), Sugar: 132g (146.66%), Cholesterol: 237.72mg (79.24%), Sodium: 626.89mg (27.26%), Alcohol: 0.1g (100%), Alcohol %: 0.03% (100%), Protein: 12.41g (24.82%), Selenium: 26.88µg (38.4%), Vitamin A: 1824.36IU (36.49%), Vitamin B2: 0.6mg (35.43%), Vitamin B1: 0.4mg (26.56%), Folate: 103.42µg (25.86%), Manganese: 0.52mg (25.76%), Phosphorus: 233.81mg (23.38%), Calcium: 225.53mg (22.55%), Fiber: 5.39g (21.56%), Iron: 3.44mg (19.1%), Potassium: 642.59mg (18.36%), Vitamin B3: 3.27mg (16.36%), Vitamin B5: 1.44mg (14.38%), Magnesium: 51.39mg (12.85%), Copper: 0.24mg (12.11%), Vitamin D: 1.76µg (11.74%), Vitamin E: 1.64mg (10.92%), Vitamin B6: 0.21mg (10.45%), Vitamin B12: 0.6µg (9.99%), Zinc: 1.37mg (9.11%), Vitamin K: 5.25µg (5%)