



Sticky sultana pudding

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



562 kcal

DESSERT

Ingredients

- ☐ 100 g butter for the basin
- ☐ 200 g flour plain
- ☐ 1 tsp double-acting baking powder
- ☐ 85 g muscovado sugar light
- ☐ 100 g sultana
- ☐ 2 large eggs lightly beaten
- ☐ 2 tbsp milk
- ☐ 4 servings golden syrup and custard

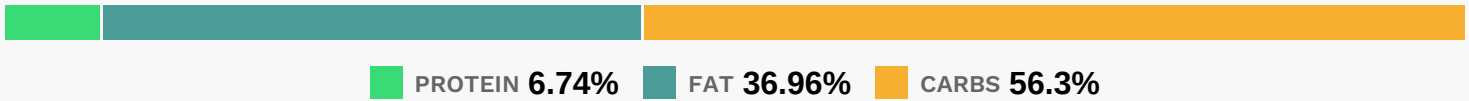
Equipment

- ☐ bowl
- ☐ knife
- ☐ microwave

Directions

- ☐ Butter a small microwave-proof pudding basin. In a separate bowl, rub the butter into the flour and baking powder, then stir in the sugar and sultanas. Gradually add the eggs and milk to make a wet cake mixture.
- ☐ Spoon into the basin and make a deep hollow in the centre with the back of the spoon. Cover the basin with cling film, pierce with the tip of a knife and microwave on High for 4–5 mins until well risen and firm to the touch.
- ☐ Carefully turn the pud out onto a plate and spoon over a generous amount of syrup. Slice and serve with custard.

Nutrition Facts



Properties

Glycemic Index:93.67, Glycemic Load:39.23, Inflammation Score:-6, Nutrition Score:12.742173941239%

Flavonoids

Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 561.56kcal (28.08%), Fat: 23.5g (36.15%), Saturated Fat: 13.89g (86.8%), Carbohydrates: 80.54g (26.85%), Net Carbohydrates: 78.18g (28.43%), Sugar: 36.81g (40.89%), Cholesterol: 147.65mg (49.22%), Sodium: 330.95mg (14.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.65g (19.29%), Selenium: 25.45µg (36.36%), Vitamin B1: 0.41mg (27.33%), Folate: 104.96µg (26.24%), Vitamin B2: 0.43mg (25.17%), Manganese: 0.44mg (21.95%), Iron: 3.49mg (19.38%), Phosphorus: 171.87mg (17.19%), Vitamin B3: 3.3mg (16.49%), Vitamin A: 771.9IU (15.44%), Calcium: 135.19mg (13.52%), Copper: 0.19mg (9.55%), Fiber: 2.35g (9.41%), Potassium: 320.24mg (9.15%), Vitamin B6: 0.16mg (7.96%), Vitamin B5: 0.72mg (7.21%), Magnesium: 26.37mg (6.59%), Vitamin E: 0.91mg (6.04%), Zinc: 0.81mg (5.41%), Vitamin B12: 0.31µg (5.09%), Vitamin D: 0.58µg (3.88%), Vitamin K: 2.87µg (2.74%)