



## Sticky Toffee Pudding

 Vegetarian

READY IN



90 min.

SERVINGS



6

CALORIES



2265 kcal

DESSERT

### Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 cup brandy
- ☐ 0.5 teaspoon cinnamon
- ☐ 2.3 cups dates pitted
- ☐ 3 large eggs
- ☐ 3.5 cups flour all-purpose
- ☐ 2 cups brown sugar dark light packed
- ☐ 3 cups brown sugar dark light packed

- ☐ 1 pinch salt
- ☐ 0.8 cup spiced rum dark
- ☐ 1.5 pounds butter unsalted 6 sticks
- ☐ 8 tablespoons butter unsalted plus more for the baking dish at room temperature 1 stick
- ☐ 1 teaspoon vanilla extract

## Equipment

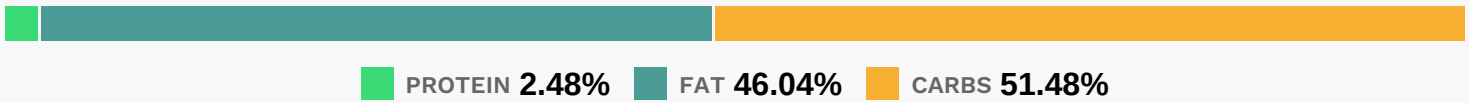
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan
- ☐ skewers
- ☐ chopsticks

## Directions

- ☐ For the cake: Preheat the oven to 350degreesF. and butter a 9 x 13-inch baking dish.
- ☐ In a small saucepan, combine the dates, rum, and 3/4 cup water. Bring the liquid to a boil, reduce to a simmer (BTB, RTS ), and cook for 5 to 7 minutes.
- ☐ Remove the pan from the heat, add the vanilla, and let the liquid cool. Puree the mixture in a food processor until smooth, and reserve.
- ☐ Sift the flour, cinnamon, salt, and baking powder into a medium bowl.
- ☐ Combine the brown sugar and butter in a large mixing bowl and beat until homogeneous. Beat in the eggs one at a time. Gently stir the flour mixture into the butter-sugar in thirds. Stir in the reserved date puree.
- ☐ Transfer the batter to the prepared baking dish and bake for 35 minutes or until set in the middle.

- ☐ Let cool for about 10 minutes.
- ☐ While the pudding is baking, combine the butter, brown sugar, brandy, and 1/2 cup water in a large saucepan. Bring to a boil and reduce to a simmer (BTB, RTS), whisking frequently. Cook over medium heat until the mixture thickens to a sauce consistency, about 15 minutes.
- ☐ Using a skewer or chopstick, poke holes in the pudding every inch or so.
- ☐ Pour half the toffee sauce over the cake and let it soak in for at least 20 minutes.
- ☐ Serve the pudding in a warm pool of the remaining sauce.
- ☐ Garnish with whipped cream if desired.

## Nutrition Facts



## Properties

Glycemic Index:42.33, Glycemic Load:59.97, Inflammation Score:-9, Nutrition Score:24.800000005442%

## Flavonoids

Cyanidin: 0.94mg, Cyanidin: 0.94mg, Cyanidin: 0.94mg, Cyanidin: 0.94mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

## Nutrients (% of daily need)

Calories: 2265.28kcal (113.26%), Fat: 110.43g (169.89%), Saturated Fat: 68.75g (429.71%), Carbohydrates: 277.87g (92.62%), Net Carbohydrates: 271.4g (98.69%), Sugar: 213.24g (236.93%), Cholesterol: 376.94mg (125.65%), Sodium: 323.16mg (14.05%), Alcohol: 23.61g (100%), Alcohol %: 5.53% (100%), Protein: 13.38g (26.76%), Vitamin A: 3441.3IU (68.83%), Selenium: 37.58µg (53.68%), Vitamin B1: 0.62mg (41.46%), Manganese: 0.81mg (40.74%), Folate: 161.47µg (40.37%), Calcium: 349.57mg (34.96%), Iron: 5.97mg (33.19%), Vitamin B2: 0.56mg (32.9%), Vitamin B3: 5.3mg (26.48%), Fiber: 6.47g (25.89%), Phosphorus: 248.22mg (24.82%), Vitamin E: 3.4mg (22.68%), Potassium: 753.18mg (21.52%), Copper: 0.36mg (17.99%), Vitamin D: 2.48µg (16.54%), Magnesium: 62.61mg (15.65%), Vitamin B5: 1.42mg (14.15%), Vitamin B6: 0.25mg (12.29%), Vitamin K: 11.08µg (10.55%), Zinc: 1.2mg (7.99%), Vitamin B12: 0.45µg (7.45%)