



Sticky Toffee Pudding

READY IN



1500 min.

SERVINGS



8

CALORIES



449 kcal

DESSERT

Ingredients

- ☐ 1 cup cake flour for flouring pan
- ☐ 1.3 cups t brown sugar dark packed
- ☐ 5 oz dates pitted finely chopped
- ☐ 1 large eggs
- ☐ 1 cup butter unsalted softened for greasing pan

Equipment

- ☐ bowl
- ☐ frying pan

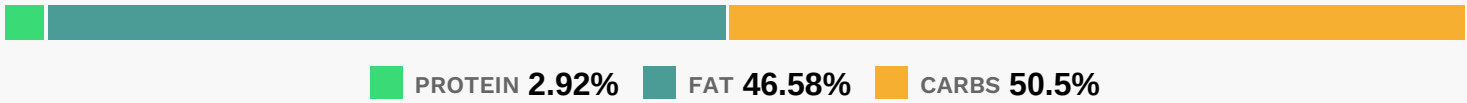
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ cake form
- ☐ skewers
- ☐ chopsticks

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F. Butter and flour an 8- by 2-inch round cake pan.
- ☐ Simmer dates in 1 cup water in a 1-quart heavy saucepan, covered, until soft, about 5 minutes.
- ☐ Let stand, covered, off heat 5 minutes.
- ☐ Beat together 1 stick butter and 1/4 cup brown sugar in a large bowl with an electric mixer at medium-high speed until light and fluffy, about 4 minutes. Beat in egg until combined.
- ☐ Add flour and 1/8 teaspoon salt and mix at low speed until just combined.
- ☐ Add dates and mix until just combined well.
- ☐ Pour batter into pan and bake until a wooden pick or skewer inserted in center comes out clean, about 30 minutes.
- ☐ Meanwhile, melt remaining stick butter in a 2-quart heavy saucepan over moderate heat and stir in remaining cup brown sugar, 1/3 cup water, and a pinch of salt. Boil over moderately high heat, uncovered, stirring occasionally, until sugar is dissolved and sauce is reduced to about 1 1/4 cups, 2 to 8 minutes.
- ☐ Remove from heat and cover.
- ☐ Transfer pudding in pan to a rack and poke all over at 1-inch intervals with a chopstick. Gradually pour half of warm sauce evenly over hot pudding.
- ☐ Let stand until almost all of sauce is absorbed, about 20 minutes.
- ☐ Run a thin knife around edge of pan. Invert a plate over pudding and invert pudding onto plate.
- ☐ Pour remaining warm sauce over pudding and serve immediately.

Pudding, soaked with half of sauce, can stand at room temperature up to 2 hours. Reheat in pan in a 300°F oven 10 minutes. Warm remaining sauce before pouring over pudding.

Nutrition Facts



Properties

Glycemic Index:14.88, Glycemic Load:13.51, Inflammation Score:-4, Nutrition Score:4.5504348005937%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 449.38kcal (22.47%), Fat: 23.94g (36.83%), Saturated Fat: 14.82g (92.59%), Carbohydrates: 58.41g (19.47%), Net Carbohydrates: 56.61g (20.59%), Sugar: 44.67g (49.63%), Cholesterol: 84.26mg (28.09%), Sodium: 22.29mg (0.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.75%), Vitamin A: 744.93IU (14.9%), Selenium: 9.35µg (13.36%), Manganese: 0.2mg (9.75%), Fiber: 1.79g (7.17%), Potassium: 193.01mg (5.51%), Vitamin E: 0.8mg (5.3%), Calcium: 48.1mg (4.81%), Phosphorus: 46.7mg (4.67%), Copper: 0.09mg (4.51%), Magnesium: 15.94mg (3.98%), Iron: 0.68mg (3.78%), Vitamin D: 0.55µg (3.67%), Vitamin B2: 0.06mg (3.49%), Vitamin B5: 0.35mg (3.45%), Folate: 12.66µg (3.16%), Vitamin B6: 0.06mg (3.03%), Vitamin K: 2.53µg (2.41%), Vitamin B3: 0.44mg (2.18%), Zinc: 0.3mg (2%), Vitamin B12: 0.1µg (1.73%), Vitamin B1: 0.03mg (1.71%)