



## Sticky Toffee Pudding

READY IN



110 min.

SERVINGS



10

CALORIES



306 kcal

DESSERT

### Ingredients

- 8 tablespoons butter unsalted plus more for pan room temperature (1 stick)
- 1.5 cups flour all-purpose plus more for pan (spooned and leveled)
- 8 ounces dates pitted finely chopped
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon salt
- 1 cup sugar
- 2 large eggs
- 1 teaspoon vanilla extract pure
- 1 serving toffee candies

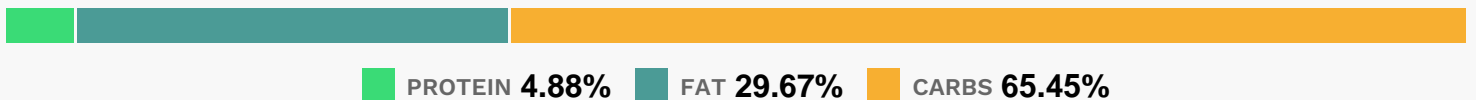
## Equipment

- bowl
- frying pan
- oven
- whisk
- hand mixer
- toothpicks
- cake form

## Directions

- Preheat oven to 350 degrees. Butter and flour an 8-inch round cake pan; set aside.
- In a small bowl, combine dates and 1/2 cup boiling water; set aside to soften, at least 10 minutes. In a medium bowl, whisk together flour, baking powder, and salt to combine; set aside.
- With an electric mixer, beat butter and sugar until light and fluffy; add eggs, one at a time, beating well after each addition.
- Add date mixture, flour mixture, and vanilla; mix just until moistened.
- Spread batter in prepared pan.
- Bake until a toothpick inserted in center of cake comes out clean, 55 to 65 minutes. Meanwhile, prepare toffee sauce.
- Remove cake from oven; cool in pan 5 minutes. To ensure it will come out easily later, carefully invert hot cake then return it, right side up, to pan. Using a toothpick, poke holes all over cake.
- Pour about 1 cup warm sauce over cake; let absorb at least 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:34.01, Glycemic Load:32.45, Inflammation Score:-3, Nutrition Score:5.7247826009989%

## Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 305.95kcal (15.3%), Fat: 10.4g (16.01%), Saturated Fat: 6.12g (38.27%), Carbohydrates: 51.65g (17.22%), Net Carbohydrates: 49.33g (17.94%), Sugar: 34.55g (38.39%), Cholesterol: 61.38mg (20.46%), Sodium: 217.71mg (9.47%), Alcohol: 0.14g (100%), Alcohol %: 0.21% (100%), Protein: 3.85g (7.7%), Selenium: 10.34µg (14.77%), Vitamin B1: 0.16mg (10.91%), Folate: 43.66µg (10.91%), Manganese: 0.19mg (9.63%), Vitamin B2: 0.16mg (9.49%), Fiber: 2.32g (9.29%), Iron: 1.38mg (7.66%), Phosphorus: 74.38mg (7.44%), Vitamin B3: 1.41mg (7.04%), Vitamin A: 337.31IU (6.75%), Calcium: 67.3mg (6.73%), Potassium: 186.56mg (5.33%), Copper: 0.08mg (4.23%), Magnesium: 15.57mg (3.89%), Vitamin B5: 0.38mg (3.82%), Vitamin B6: 0.06mg (3.16%), Vitamin E: 0.39mg (2.59%), Vitamin D: 0.37µg (2.45%), Zinc: 0.34mg (2.26%), Vitamin B12: 0.11µg (1.8%), Vitamin K: 1.49µg (1.41%)