



## Syrup Sponge Pudding

READY IN



110 min.

SERVINGS



2

CALORIES



1125 kcal

DESSERT

### Ingredients

- 2 eggs beaten
- 4 tablespoons golden syrup
- 0.5 cup butter
- 2 tablespoons milk
- 1.4 cups self-rising flour
- 0.3 teaspoon vanilla extract
- 0.5 cup sugar white

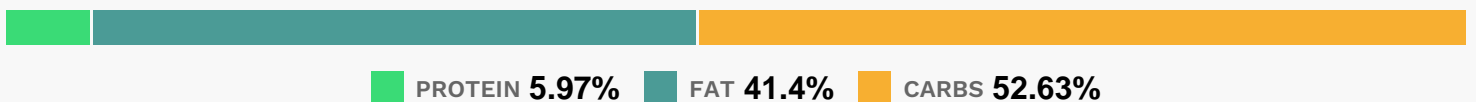
### Equipment

- bowl
- baking paper
- oven
- roasting pan
- aluminum foil
- kitchen towels

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a two pint heat proof bowl or basin.
- In large bowl, cream together margarine and sugar.
- Add, a little at a time, beaten eggs, vanilla and flour, until well mixed. Fold in milk to make a smooth consistency.
- Pour syrup in bottom of prepared basin and layer batter over the top. Cover basin with firmly tied parchment paper covered with foil. Line a roasting pan with a damp kitchen towel.
- Place basin on towel, inside roasting pan, and place roasting pan on oven rack. Fill roasting pan with boiling water to reach halfway up the sides of the basin.
- Steam in the oven for 1 to 1 1/2 hours, or until pudding springs back when touched. Invert onto serving plate and serve warm.

## Nutrition Facts



## Properties

Glycemic Index:119.05, Glycemic Load:97.51, Inflammation Score:-8, Nutrition Score:13.840000164898%

## Nutrients (% of daily need)

Calories: 1124.93kcal (56.25%), Fat: 51.94g (79.9%), Saturated Fat: 11.34g (70.89%), Carbohydrates: 148.57g (49.52%), Net Carbohydrates: 146.51g (53.28%), Sugar: 85.97g (95.52%), Cholesterol: 165.48mg (55.16%), Sodium: 605.6mg (26.33%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Protein: 16.84g (33.68%), Selenium: 48.21µg (68.87%), Vitamin A: 2293.57IU (45.87%), Manganese: 0.7mg (34.83%), Phosphorus: 198.71mg (19.87%), Vitamin B2: 0.3mg (17.9%), Vitamin E: 2.57mg (17.15%), Folate: 49.61µg (12.4%), Vitamin B5: 1.15mg (11.55%), Copper: 0.19mg (9.6%), Zinc: 1.37mg (9.1%), Vitamin B12: 0.53µg (8.82%), Iron: 1.57mg (8.72%), Fiber: 2.06g (8.25%), Magnesium: 30.33mg (7.58%), Calcium: 73.56mg (7.36%), Vitamin D: 1.04µg (6.97%), Vitamin B1: 0.1mg (6.7%), Vitamin B6:

0.12mg (6.05%), Potassium: 194.73mg (5.56%), Vitamin B3: 0.92mg (4.62%)