



Treacle apple pudding

 Vegetarian

READY IN



65 min.

SERVINGS



6

CALORIES



294 kcal

DESSERT

Ingredients

- ☐ 2 bramley apples cored peeled chopped (250g flesh)
- ☐ 100 g brown sugar light soft
- ☐ 50 g golden syrup
- ☐ 6 servings butter for greasing
- ☐ 1 tangy eating apple such as braeburn
- ☐ 1 tablespoon juice of lemon
- ☐ 175 g self-raising flour
- ☐ 1 tsp bicarbonate of soda

- ☐ 2 tsp ground cinnamon
- ☐ 1 tsp ground ginger
- ☐ 1 large eggs

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Put the chopped Bramleys in a saucepan, add 100ml water and bring to the boil. Cover and cook for 5 mins until the apples are very soft. Beat to a pure with a wooden spoon.
- ☐ Add the sugar and 50g of the syrup, bring to a simmer, then set aside and cool.
- ☐ While you wait, grease the inside of a 1.3-litre pudding basin. Spoon 2 tbsp syrup into the bottom. Peel and core the eating apple, slice half and chop the rest. Toss in the lemon juice and nestle the sliced apple into the syrup in the bottom of the basin.
- ☐ Sift the flour, bicarb and spices into a bowl and add a pinch of salt. Beat the egg into the saucy apple, then tip this and the remaining chopped apple into the bowl and stir until smooth. It will start to rise a little as you mix. Quickly turn the batter into the basin, level the top, then bake for 40-45 mins or until well risen and a skewer inserted comes out clean. Cover with foil towards the end of cooking if the sponge browns too quickly. Leave to rest for a few mins, then turn out onto a plate.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:21.2, Inflammation Score:-3, Nutrition Score:5.7321739507758%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

Nutrients (% of daily need)

Calories: 294.07kcal (14.7%), Fat: 5.52g (8.49%), Saturated Fat: 2.94g (18.37%), Carbohydrates: 57.81g (19.27%), Net Carbohydrates: 54.42g (19.79%), Sugar: 32.45g (36.05%), Cholesterol: 41.75mg (13.92%), Sodium: 260.1mg (11.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.83%), Manganese: 0.53mg (26.37%), Selenium: 14.59µg (20.84%), Fiber: 3.39g (13.58%), Vitamin C: 5.19mg (6.29%), Phosphorus: 57.93mg (5.79%), Potassium: 171.67mg (4.9%), Vitamin B2: 0.08mg (4.83%), Copper: 0.1mg (4.81%), Vitamin A: 222.47IU (4.45%), Folate: 17.18µg (4.29%), Iron: 0.77mg (4.28%), Magnesium: 15.75mg (3.94%), Calcium: 38.71mg (3.87%), Vitamin B6: 0.07mg (3.68%), Vitamin B5: 0.35mg (3.46%), Vitamin E: 0.51mg (3.39%), Vitamin B1: 0.04mg (2.89%), Zinc: 0.43mg (2.86%), Vitamin K: 2.74µg (2.61%), Vitamin B3: 0.44mg (2.22%), Vitamin B12: 0.08µg (1.38%), Vitamin D: 0.17µg (1.11%)