



Warm honey cup puddings

 Vegetarian

READY IN



25 min.

SERVINGS



2

CALORIES



457 kcal

DESSERT

Ingredients

- ☐ 2 tbsp butter melted for greasing the cups
- ☐ 2 tsp clear honey for drizzling
- ☐ 50 g self raising flour
- ☐ 25 g almond flour
- ☐ 50 g g muscovado sugar light
- ☐ 0.3 tsp baking soda
- ☐ 1 eggs
- ☐ 85 g greek yogurt for the ice cream, below (take this from the 500g tub)

☐ 1 tbsp pistachios roughly chopped

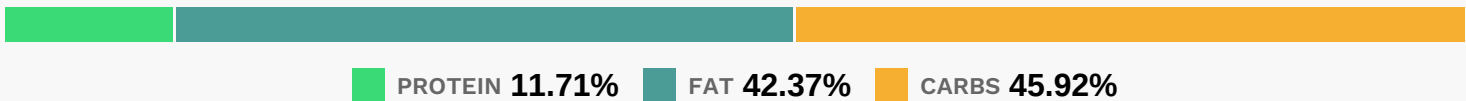
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ ramekin
- ☐ baking pan
- ☐ microwave
- ☐ skewers

Directions

- ☐ Butter two large coffee cups or individual ramekins, then line the bottoms with a circle of non-stick paper.
- ☐ Add 1 tsp honey to the bottom of each.
- ☐ Heat oven to 180C/fan160C/gas
- ☐ Mix the dry ingredients in a large bowl, squashing any lumps of sugar with your fingers. Beat the egg, butter and yogurt together, then stir into the dry mix until smooth. Spoon the mix into the cups, sit them on a baking tray, then bake for 20 mins until risen and golden. Test if theyre ready by inserting a skewer it should come out clean. You can make the puddings up to a day ahead, then reheat briefly in the microwave, or leave them in a warm oven, still in the cups.
- ☐ Loosen the edge of each pud with a round-bladed knife, then up-turn them onto serving plates.
- ☐ Remove lining disc, drizzle over a little more honey, then serve with a scoop of the pistachio ice cream (below) and a sprinkling of pistachios.

Nutrition Facts



Properties

Glycemic Index:93.64, Glycemic Load:14.88, Inflammation Score:-3, Nutrition Score:7.8804347696512%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 457.43kcal (22.87%), Fat: 22.07g (33.95%), Saturated Fat: 8.74g (54.63%), Carbohydrates: 53.82g (17.94%), Net Carbohydrates: 51.5g (18.73%), Sugar: 32.28g (35.87%), Cholesterol: 114.5mg (38.17%), Sodium: 302.98mg (13.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.73g (27.45%), Selenium: 21.65µg (30.93%), Phosphorus: 148.67mg (14.87%), Vitamin B2: 0.25mg (14.61%), Manganese: 0.27mg (13.73%), Calcium: 118.01mg (11.8%), Vitamin A: 491.42IU (9.83%), Fiber: 2.33g (9.3%), Vitamin B12: 0.52µg (8.62%), Iron: 1.47mg (8.16%), Vitamin B6: 0.15mg (7.5%), Vitamin B5: 0.66mg (6.6%), Copper: 0.13mg (6.58%), Folate: 24.29µg (6.07%), Zinc: 0.84mg (5.6%), Potassium: 194.02mg (5.54%), Magnesium: 20.78mg (5.19%), Vitamin E: 0.75mg (5.01%), Vitamin B1: 0.07mg (4.77%), Vitamin D: 0.44µg (2.93%), Vitamin B3: 0.45mg (2.23%), Vitamin K: 1.13µg (1.08%)