



## White chocolate & berry pudding

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



587 kcal

DESSERT

### Ingredients

- ☐ 100 g butter softened
- ☐ 100 g brown sugar light soft
- ☐ 100 g self raising flour
- ☐ 2 eggs
- ☐ 3 tbsp milk
- ☐ 85 g chocolate white
- ☐ 300 g poached berries mixed frozen
- ☐ 4 servings powdered sugar

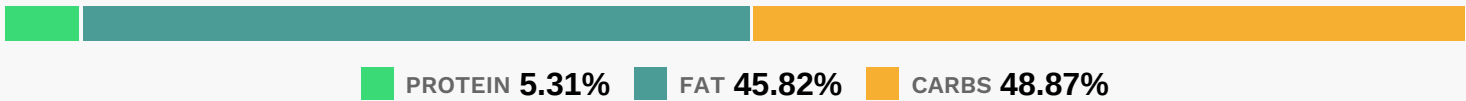
# Equipment

- ☐ whisk
- ☐ microwave

# Directions

- ☐ Lightly butter a 1-litre microwavable gratin dish or a 20cm microwave cake dish. Beat together the butter, sugar, flour, eggs and milk with an electric hand whisk for 2–3 mins, until light and fluffy.
- ☐ Fold through the white chocolate and most of the berries, pour into the dish, then microwave on High for 10–12 mins, until set and dry on top. Leave to stand for 5 mins, before dusting with icing sugar and serving with the reserved berries and custard.

# Nutrition Facts



# Properties

Glycemic Index:56.25, Glycemic Load:20.73, Inflammation Score:-5, Nutrition Score:8.7856521088144%

# Flavonoids

Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg Petunidin: 13.62mg, Petunidin: 13.62mg, Petunidin: 13.62mg, Petunidin: 13.62mg Delphinidin: 16.19mg, Delphinidin: 16.19mg, Delphinidin: 16.19mg, Delphinidin: 16.19mg Malvidin: 37.24mg, Malvidin: 37.24mg, Malvidin: 37.24mg, Malvidin: 37.24mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 1.32mg, Myricetin: 1.32mg, Myricetin: 1.32mg, Myricetin: 1.32mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

# Nutrients (% of daily need)

Calories: 586.62kcal (29.33%), Fat: 30.44g (46.84%), Saturated Fat: 17.97g (112.32%), Carbohydrates: 73.07g (24.36%), Net Carbohydrates: 70.4g (25.6%), Sugar: 51.66g (57.4%), Cholesterol: 141.4mg (47.13%), Sodium: 223.8mg (9.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.94g (15.88%), Selenium: 18.52µg (26.46%), Manganese: 0.33mg (16.64%), Vitamin A: 803.15IU (16.06%), Vitamin K: 16.16µg (15.39%), Vitamin B2: 0.23mg (13.46%), Phosphorus: 131.82mg (13.18%), Fiber: 2.67g (10.67%), Calcium: 105.03mg (10.5%), Vitamin E: 1.48mg (9.87%), Vitamin B5: 0.77mg (7.72%), Vitamin B12: 0.42µg (6.97%), Folate: 26.33µg (6.58%), Potassium: 212.92mg

(6.08%), Vitamin B6: 0.12mg (6.03%), Copper: 0.11mg (5.56%), Iron: 0.98mg (5.46%), Zinc: 0.78mg (5.22%), Vitamin B1: 0.07mg (4.92%), Magnesium: 19.29mg (4.82%), Vitamin B3: 0.86mg (4.32%), Vitamin D: 0.56µg (3.76%), Vitamin C: 1.98mg (2.4%)