

Carrot & Courgette Pudding (Almost Fat Free)



Ingredients

Description	Ptn	10ptn	50ptn	100ptn	200ptn
Wholemeal Flour	13 g	125 g	625 g	1.25 kg	2.5 kg
Caster Sugar	13 g	125 g	625 g	1.25 kg	2.5 kg
Baking Powder	0 g	4 g	21 g	42 g	83 g
Bicarbonate of Soda	0 g	4 g	21 g	42 g	83 g
Cinnamon	0 g	4 g	21 g	42 g	83 g
Vanilla Essence	0 ml	2 ml	10 ml	21 ml	42 ml
Eggs Medium	0.17 each	1.67 each	8.33 each	16.67 each	33.33 each
Carrots	15 g	150 g	750 g	1.5 kg	3 kg
Courgettes	15 g	150 g	750 g	1.5 kg	3 kg

Method

Grease the tins.

Mix flour, baking powder, bicarbonate of soda, sugar and cinnamon.

Add the eggs and vanilla essence, beat until well mixed.

Stir in grated carrots and grated courgette.

Pour into tins.

Bake at 170c until cooked through.

Assembled Tags



Contains Eggs

SO₂

Contains Sulphur
Dioxide &
Sulphites >
10mg/Kg



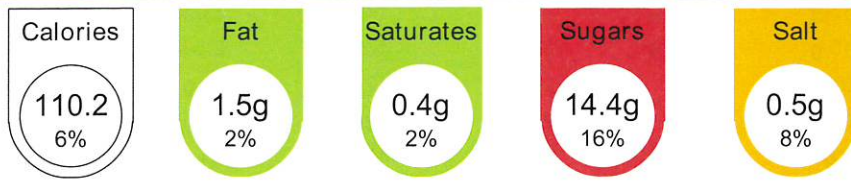
Contains Wheat

Recipe Detail Section By Portions

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Nutrition

Standard Size: Ptn		
Nutrient	Per Portion	Per 100g
Energy (kcal)	110.23kcal	166.38kcal
Fat	1.53g	2.31g
Satd FA /100g fd	0.39g	0.59g
Carbohydrate	22.31g	33.68g
Protein	3.27g	4.94g
Non Milk Extrinsic Sugar	13.13g	19.82g
NSP	1.68g	2.54g
Vitamin A	354.05µg	534.42µg
Vitamin C	1.95mg	2.94mg
Zinc	0.57mg	0.86mg
Iron	1.01mg	1.52mg
Folate	19.18µg	28.95µg
Calcium	27.99mg	42.25mg
Sodium	186.02mg	280.78mg
Salt	0.47g	0.71g
Total sugars	14.36g	21.68g



Standard Size: Ptn


Allergen Assembled Tags



Contains Eggs

SO₂

Contains Sulphur Dioxide & Sulphites > 10mg/Kg



Contains Wheat