

Eves Pudding



Ingredients

Description	Ptn	10ptn	50ptn	100ptn	200ptn
Solid Pack Apple	54 g	542 g	2.71 kg	5.42 kg	10.83 kg
Plain Flour	14 g	139 g	694 g	1.39 kg	2.78 kg
Wholemeal Flour	5 g	47 g	236 g	472 g	944 g
Caster Sugar	9 g	94 g	472 g	944 g	1.89 kg
Margarine	8 g	81 g	403 g	806 g	1.61 kg
Eggs Medium	0.13 each	1.25 each	6.25 each	12.5 each	25 each
Semi Skimmed Milk	10 ml	99 ml	493 ml	986 ml	1.97 L
Baking Powder	1 g	11 g	56 g	111 g	222 g

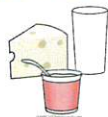
Method

Place the apples into tins.
 Sieve the flour & baking powder into the mixing bowl.
 Add sugar, softened margarine, eggs and milk.
 Use the beater attachment and mix on a slow speed.
 Switch to a medium speed and beat.
 Divide the mixture between the tins, cover and bake at 190c.
 Serve hot with custard

Assembled Tags



Contains Eggs



Contains Milk

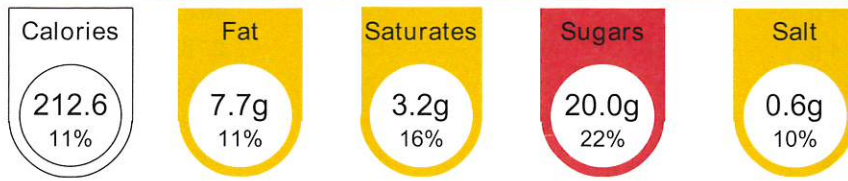
SO₂Contains Sulphur
Dioxide &
Sulphites >
10mg/Kg

Contains Wheat

Eves Pudding

Nutrition

Standard Size: Ptn		
Nutrient	Per Portion	Per 100g
Energy (kcal)	212.64kcal	195.53kcal
Fat	7.68g	7.06g
Satd FA /100g fd	3.17g	2.91g
Carbohydrate	33.9g	31.17g
Protein	3.48g	3.2g
Non Milk Extrinsic Sugar	9.92g	9.12g
NSP	1.83g	1.68g
Vitamin A	71.47µg	65.72µg
Vitamin C	3.45mg	3.17mg
Zinc	0.45mg	0.41mg
Iron	0.7mg	0.64mg
Folate	10.93µg	10.05µg
Calcium	53.34mg	49.05mg
Sodium	224.23mg	206.19mg
Salt	0.56g	0.51g
Total sugars	19.98g	18.37g



Standard Size: Ptn

Allergen Assembled Tags



Contains Eggs



Contains Milk

SO₂

Contains Sulphur Dioxide & Sulphites > 10mg/Kg



Contains Wheat