

Published 10/07/2020

**Sticky Figgy Pudding with Baked Fig & Cornish Fudge Ice Cream**

Moist fig sponge with a sticky toffee sauce, served with Cornish fudge ice cream

**Serves 1**

Code	Description	Qty	Units	mise en place / Preparation
F 114861	Brakes Gluten Free Sticky Figgy Pudding	1	ea	
F 123521	Kelly's of Cornwall Cornish Dairy Toffee Fudge Ice Cream	125	ml	
C 113882	Premium Large Mint Bunch	1	g	Picked & washed
C 10386	Figs	0.5	ea	Halved & pre-baked

**Allergens Contained in this recipe**

Celery	No	Sesame	No
Crustaceans	No	<b>Soya</b>	<b>Yes</b>
<b>Egg</b>	<b>Yes</b>	Sulphites	No
Fish	No	Wheat	No
Lupin	No	Barley	No
<b>Milk</b>	<b>Yes</b>	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	<b>May</b>	Kamut	No
Peanuts	No	Gluten	No

**Method****Estimated Cooking Time: 0**

- 1 Heat pudding following manufacturers guidelines to core temp
- 2 Place half a fig in the oven to heat
- 3 Place pudding in bowl
- 4 Position ball of ice cream next to pudding
- 5 Add fig to top of pudding, add mint sprig & serve

**Nutrition (pre-cooking)**

Energy per Portion (kcal)	719.4
Energy per Portion (kj)	3026.4
Protein per Portion	7.2
Carbohydrate per Portion	116.9
Sugars per Portion	101.7
Fat per Portion	24.4
Saturates per Portion	15
Fibre per Portion	2.1
Salt Equivalent per Ptn	0.5

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No