

# Instant Pot Christmas Pudding

Yield: 8 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/christmas-dinner-recipe-Instapot>

## Ingredients:

- 7/8 cup dried fruit
- 4 tablespoons dried dates finely chopped
- 7 1/3 tablespoons finely chopped pecans
- 6 1/16 tablespoons Frangelico hazelnut liqueur\*\*\*
- 4 stem ginger balls of, finely chopped
- 5 1/4 tablespoons butter soft
- 5/8 cup dark muscovado sugar
- 1 teaspoon mixed spice or try my pumpkin pie spice blend for a change
- 1 teaspoon orange extract or zest of an orange
- 1 teaspoon lemon extract or zest of a lemon
- 2/3 cup fresh breadcrumbs
- 2 large eggs
- 9/16 cup self raising flour
- 1 medium carrot finely grated, about 150g worth
- 1 tablespoon treacle

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 75 milligrams
4. Fat: 14 grams
5. Fiber: 3 grams
6. Protein: 5 grams
7. SaturatedFat: 6 grams
8. Sodium: 150 milligrams
9. Sugar: 32 grams

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