

Baked Cranberry Pudding

 Vegetarian

READY IN



65 min.

SERVINGS



10

CALORIES



395 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 cup brown sugar packed
- 0.3 cup butter melted
- 2.5 cups cranberries whole
- 0.5 teaspoon cream of tartar divided
- 2 eggs separated
- 1.5 cups flour all-purpose
- 1 teaspoon ground cinnamon

- 0.5 teaspoon nutmeg
- 0.5 cup cup heavy whipping cream
- 0.5 cup orange juice
- 3 tablespoons orange zest grated
- 10 servings orange zest thin
- 0.1 teaspoon salt
- 1.5 cups sugar
- 2 teaspoons vanilla extract

Equipment

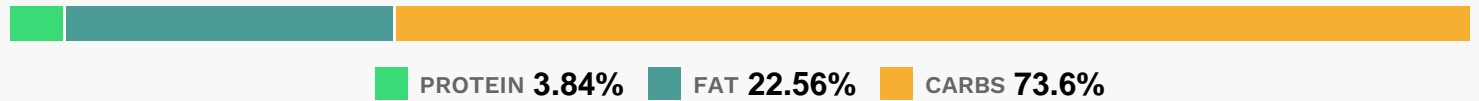
- bowl
- sauce pan
- oven
- baking pan
- toothpicks
- springform pan

Directions

- Place egg whites in a large bowl; let stand at room temperature for 30 minutes.
- In a large bowl, mix the flour, orange peel, baking powder, cinnamon, nutmeg, 1/4 teaspoon cream of tartar and salt. Stir in chopped cranberries. In another bowl, mix the brown sugar, cream, butter, vanilla and egg yolks.
- Add to flour mixture; stir just until moistened. (Batter will be stiff.)
- Add remaining cream of tartar to egg whites; with clean beaters, beat on medium speed until soft peaks form. Fold into batter.
- Transfer to a greased 9-in. springform pan.
- Bake at 350° for 45–50 minutes or until a toothpick inserted in center comes out clean.
- Meanwhile, for topping, combine sugar and orange juice in a small saucepan; bring to a boil, stirring frequently. Cook 2–3 minutes longer or until sugar is dissolved.
- Add cranberries; reduce heat and simmer for 6 to 8 minutes or until berries begin to burst.

- Remove from the heat; cover and keep warm.
- When pudding tests done, place springform pan on a 15-in. x 10-in. baking pan. Spoon cranberry mixture over top. Return to the oven; bake 10 minutes longer.
- Cool for 10 minutes before removing sides of springform pan. Cool for at least 1 hour before serving. If made ahead, pudding can be warmed in a 350° oven for 10 minutes. If desired, top with orange peel strips before serving.

Nutrition Facts



Properties

Glycemic Index:45.91, Glycemic Load:33.02, Inflammation Score:-5, Nutrition Score:8.0034783197486%

Flavonoids

Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 395.47kcal (19.77%), Fat: 10.14g (15.6%), Saturated Fat: 5.99g (37.46%), Carbohydrates: 74.43g (24.81%), Net Carbohydrates: 71.41g (25.97%), Sugar: 53.96g (59.95%), Cholesterol: 58.38mg (19.46%), Sodium: 131.73mg (5.73%), Alcohol: 0.28g (100%), Alcohol %: 0.23% (100%), Protein: 3.88g (7.76%), Vitamin C: 28.55mg (34.61%), Selenium: 10.1µg (14.43%), Manganese: 0.28mg (13.88%), Vitamin B1: 0.18mg (12.3%), Fiber: 3.02g (12.09%), Folate: 47.51µg (11.88%), Vitamin B2: 0.18mg (10.88%), Vitamin A: 462.72IU (9.25%), Calcium: 86.91mg (8.69%), Iron: 1.47mg (8.17%), Vitamin B3: 1.35mg (6.77%), Phosphorus: 63.73mg (6.37%), Potassium: 176.02mg (5.03%), Vitamin E: 0.72mg (4.79%), Vitamin B5: 0.45mg (4.49%), Copper: 0.08mg (4.09%), Vitamin B6: 0.08mg (4.04%), Magnesium: 14.52mg (3.63%), Vitamin D: 0.37µg (2.44%), Zinc: 0.36mg (2.39%), Vitamin K: 2.19µg (2.08%), Vitamin B12: 0.11µg (1.78%)