



Baked Spelt Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



194 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon ground cardamom
- ☐ 1 Dash ground cinnamon
- ☐ 4 cups milk 2% reduced-fat
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup farro rinsed uncooked drained (farro)
- ☐ 0.5 cup sugar
- ☐ 1 vanilla pod split

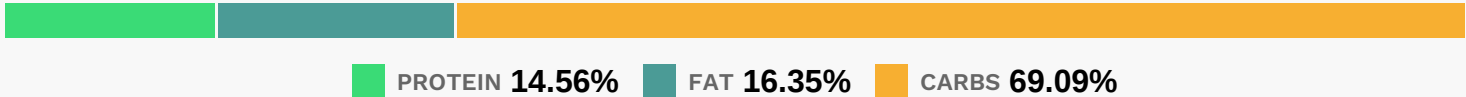
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Place spelt in a medium saucepan. Cover with water to 2 inches above spelt; bring to a boil. Cook 2 minutes; remove from heat. Cover and let stand 1 hour.
- ☐ Drain.
- ☐ Place spelt in a food processor; process 45 seconds or until spelt resembles coarse meal.
- ☐ Preheat oven to 27
- ☐ Combine spelt, milk, sugar, salt, cardamom, and vanilla in a 2 quart-casserole coated with cooking spray.
- ☐ Bake at 275 for 3 1/2 hours, stirring every hour to prevent a skin from forming.
- ☐ Let stand 5 minutes.
- ☐ Sprinkle with cinnamon.
- ☐ Serve warm or chilled.

Nutrition Facts



Properties

Glycemic Index:24.18, Glycemic Load:17.25, Inflammation Score:-3, Nutrition Score:7.8099999596243%

Nutrients (% of daily need)

Calories: 194.34kcal (9.72%), Fat: 3.65g (5.62%), Saturated Fat: 2.04g (12.73%), Carbohydrates: 34.7g (11.57%), Net Carbohydrates: 33.05g (12.02%), Sugar: 25.59g (28.43%), Cholesterol: 12.59mg (4.2%), Sodium: 172.19mg (7.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.32g (14.63%), Manganese: 0.5mg (24.81%), Phosphorus: 203.07mg (20.31%), Calcium: 194.77mg (19.48%), Vitamin B2: 0.31mg (18.28%), Vitamin B12: 0.83µg (13.9%), Magnesium: 37.22mg (9.31%), Zinc: 1.24mg (8.26%), Selenium: 5.74µg (8.19%), Potassium: 278.06mg (7.94%), Vitamin B1: 0.11mg (7.62%), Vitamin B5: 0.72mg (7.16%), Fiber: 1.65g (6.61%), Vitamin B3: 1.14mg (5.7%), Vitamin B6: 0.09mg (4.67%), Copper: 0.09mg (4.28%), Iron: 0.7mg (3.91%), Folate: 14.4µg (3.6%), Vitamin A: 162.42IU (3.25%), Vitamin E: 0.17mg (1.1%)