



Berries and Buttermilk Puddings

 Gluten Free

READY IN



300 min.

SERVINGS



4

CALORIES



180 kcal

DESSERT

Ingredients

- ☐ 1 cup buttermilk well-shaken
- ☐ 0.3 cup wine dry red
- ☐ 1 teaspoon gelatin powder unflavored
- ☐ 3 inch lemon zest
- ☐ 2 cups berries mixed
- ☐ 3 inch orange zest
- ☐ 1 cup strawberries quartered
- ☐ 3 tablespoon sugar

- ☐ 1 bay leaves
- ☐ 0.5 vanilla pod split
- ☐ 0.3 cup water
- ☐ 1 cup milk whole divided

Equipment

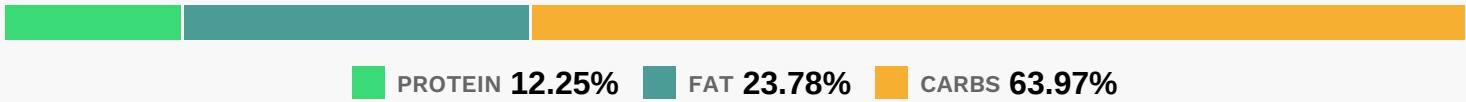
- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ blender

Directions

- ☐ Sprinkle gelatin over 1/4 cup milk in a small bowl and let soften 1 minute.
- ☐ Scrape seeds from vanilla bean into a small heavy saucepan and add pod.
- ☐ Add remaining 3/4 cup milk and sugar and bring just to a boil over medium heat, stirring until sugar has dissolved.
- ☐ Remove from heat.
- ☐ Add gelatin mixture to hot milk mixture, stirring until dissolved. Quick-chill in an ice bath, stirring occasionally, until cold but not thickened, about 5 minutes.
- ☐ Stir in buttermilk, then strain through a fine-mesh sieve into a large glass measure, discarding solids.
- ☐ Pour into bowls and chill until set, at least 8 hours.
- ☐ Bring wine, water, sugar, zests, and bay leaf to a boil in a small heavy saucepan over medium heat, stirring until sugar has dissolved, then boil until reduced to about 1/3 cup, about 10 minutes.
- ☐ Add strawberries and simmer 5 minutes. Discard zests and bay leaf, then purée strawberry mixture in a blender until smooth (use caution when blending hot liquids). Force through clean fine-mesh sieve and discard solids.
- ☐ Chill sauce, stirring occasionally, until cold, about 1 hour.
- ☐ Spoon sauce over puddings and top with remaining berries.

Buttermilk puddings and sauce can be made 3 days ahead and chilled separately.

Nutrition Facts



Properties

Glycemic Index:44.77, Glycemic Load:9.09, Inflammation Score:-5, Nutrition Score:8.76999999912925%

Flavonoids

Cyanidin: 3.98mg, Cyanidin: 3.98mg, Cyanidin: 3.98mg, Cyanidin: 3.98mg Petunidin: 14.61mg, Petunidin: 14.61mg, Petunidin: 14.61mg, Petunidin: 14.61mg Delphinidin: 17.47mg, Delphinidin: 17.47mg, Delphinidin: 17.47mg, Delphinidin: 17.47mg Malvidin: 42.42mg, Malvidin: 42.42mg, Malvidin: 42.42mg, Malvidin: 42.42mg Pelargonidin: 8.96mg, Pelargonidin: 8.96mg, Pelargonidin: 8.96mg, Pelargonidin: 8.96mg Peonidin: 0.66mg, Peonidin: 0.66mg, Peonidin: 0.66mg, Peonidin: 0.66mg Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 179.59kcal (8.98%), Fat: 4.68g (7.2%), Saturated Fat: 2.32g (14.52%), Carbohydrates: 28.31g (9.44%), Net Carbohydrates: 25.08g (9.12%), Sugar: 23.23g (25.81%), Cholesterol: 13.92mg (4.64%), Sodium: 90.28mg (3.93%), Alcohol: 1.58g (100%), Alcohol %: 0.72% (100%), Protein: 5.42g (10.84%), Vitamin C: 28.17mg (34.14%), Calcium: 162.9mg (16.29%), Vitamin B2: 0.23mg (13.61%), Vitamin K: 13.86µg (13.2%), Phosphorus: 130.82mg (13.08%), Manganese: 0.26mg (13.06%), Fiber: 3.22g (12.89%), Vitamin B12: 0.61µg (10.09%), Vitamin D: 1.45µg (9.67%), Potassium: 276.99mg (7.91%), Vitamin B1: 0.1mg (6.63%), Vitamin B6: 0.13mg (6.43%), Vitamin B5: 0.61mg (6.14%), Selenium: 4.08µg (5.83%), Magnesium: 22.98mg (5.74%), Vitamin A: 248.29IU (4.97%), Folate: 18.23µg (4.56%), Copper: 0.09mg (4.33%), Zinc: 0.6mg (3.98%), Vitamin E: 0.56mg (3.72%), Vitamin B3: 0.69mg (3.43%), Iron: 0.36mg (2.01%)