



Blueberry Pudding with French Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



183 kcal

DESSERT

Ingredients

- ☐ 2 cups blueberries fresh frozen thawed
- ☐ 1 tablespoon cornstarch
- ☐ 4 servings cup heavy whipping cream french
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 0.5 cup orange juice
- ☐ 0.5 teaspoon orange peel grated
- ☐ 0.3 cup sugar

☐ 1 teaspoon vanilla

Equipment

☐ bowl

☐ frying pan

Directions

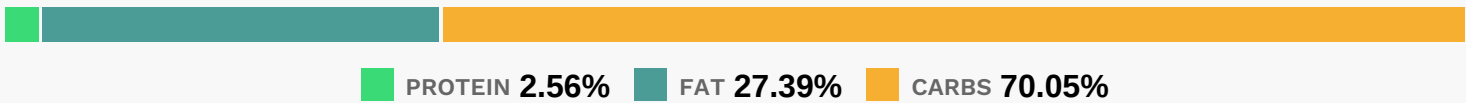
☐ Sort blueberries, discarding any stems and decayed fruit; rinse and drain fresh berries. In a 1 1/2- to 2-quart pan, combine 1/2 cup of the blueberries, sugar, cornstarch, orange and lemon peel, orange juice, and lemon juice. Stir over high heat until boiling, about 3 minutes.

☐ Add remaining berries and stir just until mixture boils again. Stir in vanilla.

☐ Pour into bowls.

☐ Serve hot, warm, or cool, topped with French Cream.

Nutrition Facts



Properties

Glycemic Index:40.52, Glycemic Load:16.86, Inflammation Score:-5, Nutrition Score:4.9569565018882%

Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 4.25mg, Hesperetin: 4.25mg, Hesperetin: 4.25mg, Hesperetin: 4.25mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 182.98kcal (9.15%), Fat: 5.79g (8.9%), Saturated Fat: 3.48g (21.75%), Carbohydrates: 33.29g (11.1%), Net Carbohydrates: 31.37g (11.41%), Sugar: 27.28g (30.31%), Cholesterol: 16.95mg (5.65%), Sodium: 5.6mg (0.24%), Alcohol: 0.34g (100%), Alcohol %: 0.3% (100%), Protein: 1.22g (2.43%), Vitamin C: 24.88mg (30.16%), Vitamin K: 14.79µg (14.09%), Manganese: 0.26mg (12.88%), Fiber: 1.92g (7.68%), Vitamin A: 323.86IU (6.48%), Vitamin B2: 0.07mg (4.29%), Potassium: 139.9mg (4%), Vitamin B1: 0.06mg (3.98%), Vitamin E: 0.58mg (3.86%), Folate: 15.2µg (3.8%), Copper: 0.06mg (3.07%), Vitamin B6: 0.06mg (2.95%), Phosphorus: 23.55mg (2.36%), Magnesium: 9.4mg (2.35%), Vitamin B3: 0.45mg (2.27%), Vitamin B5: 0.2mg (1.96%), Calcium: 19.03mg (1.9%), Iron: 0.31mg (1.72%), Vitamin D: 0.24µg (1.6%), Zinc: 0.18mg (1.18%), Selenium: 0.72µg (1.03%)