



Brandied Fig Vanilla Pudding

 Gluten Free

READY IN



120 min.

SERVINGS



4

CALORIES



400 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon brandy to taste
- ☐ 2.5 tablespoons cornstarch
- ☐ 0.3 cup jam
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons butter unsalted cut into bits
- ☐ 1.5 teaspoons vanilla extract pure

☐ 2 cups milk whole

Equipment

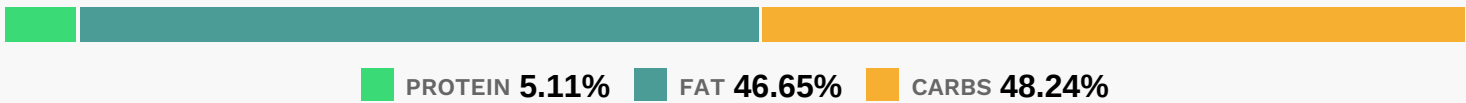
☐ sauce pan

☐ whisk

Directions

- ☐ Whisk together sugar, cornstarch, and 1/8 teaspoon salt in a heavy medium saucepan, then whisk in milk and cream. Bring to a boil over medium heat, whisking frequently, then boil, whisking, 1 minute.
- ☐ Remove from heat and whisk in butter and vanilla.
- ☐ Divide among 4 (6-to 8-ounces) glasses and chill, uncovered, until cold, at least 1 1/2 hours.
- ☐ Stir together preserves, brandy, and lemon juice, then spoon on top of puddings.

Nutrition Facts



Properties

Glycemic Index:44.52, Glycemic Load:24.37, Inflammation Score:-5, Nutrition Score:6.1582609337309%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 399.64kcal (19.98%), Fat: 20.4g (31.38%), Saturated Fat: 12.71g (79.44%), Carbohydrates: 47.46g (15.82%), Net Carbohydrates: 47.11g (17.13%), Sugar: 37.32g (41.47%), Cholesterol: 63.31mg (21.1%), Sodium: 65.02mg (2.83%), Alcohol: 1.77g (100%), Alcohol %: 1.04% (100%), Protein: 5.03g (10.05%), Calcium: 177.51mg (17.75%), Vitamin A: 809.93IU (16.2%), Vitamin B2: 0.25mg (14.88%), Phosphorus: 148.48mg (14.85%), Vitamin D: 1.92µg (12.82%), Vitamin B12: 0.72µg (11.97%), Potassium: 238.18mg (6.81%), Selenium: 4.09µg (5.84%), Vitamin B5: 0.55mg (5.46%), Vitamin B1: 0.08mg (5.31%), Magnesium: 18.36mg (4.59%), Vitamin B6: 0.09mg (4.57%), Zinc: 0.6mg (4.02%), Vitamin E: 0.53mg (3.55%), Vitamin C: 2.91mg (3.53%), Copper: 0.04mg (1.98%), Vitamin K: 1.81µg (1.72%), Fiber: 0.36g (1.43%), Manganese: 0.02mg (1.22%), Folate: 4.64µg (1.16%), Iron: 0.21mg (1.14%)