



Buttermilk Peach Pudding

READY IN



65 min.

SERVINGS



10

CALORIES



459 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 1 cup buttermilk
- ☐ 3 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon nutmeg freshly grated

- ☐ 1 lb peaches ripe peeled sliced
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 10 servings whipped cream

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ roasting pan
- ☐ stand mixer

Directions

- ☐ Preheat oven to 35
- ☐ Sift together first 7 ingredients; sift again.
- ☐ Process chopped peaches in a food processor or blender until smooth. (Yield should be 2 cups puree.) Stir in buttermilk.
- ☐ Beat butter and sugar at high speed with a heavy-duty electric stand mixer until fluffy.
- ☐ Add eggs, 1 at a time, beating until blended after each addition.
- ☐ Add peach mixture, and beat until well blended.
- ☐ Layer sliced peaches in a greased 13- x 9-inch pan.
- ☐ Fold flour mixture into butter mixture.
- ☐ Pour batter over sliced peaches in pan.
- ☐ Place pan in a large roasting pan, and add boiling water to roasting pan to a depth of 1 inch.
- ☐ Bake at 350 for 50 minutes or until set. (Pudding will still be moist.)
- ☐ Serve warm or cold with ice cream.

Nutrition Facts



Properties

Glycemic Index:49.43, Glycemic Load:42.57, Inflammation Score:-6, Nutrition Score:9.3669565553251%

Flavonoids

Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg Catechin: 2.23mg, Catechin: 2.23mg, Catechin: 2.23mg, Catechin: 2.23mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 458.7kcal (22.93%), Fat: 19.13g (29.43%), Saturated Fat: 11.31g (70.67%), Carbohydrates: 66.02g (22.01%), Net Carbohydrates: 64.23g (23.36%), Sugar: 49.06g (54.51%), Cholesterol: 111.88mg (37.29%), Sodium: 447.03mg (19.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.44g (14.88%), Vitamin B2: 0.38mg (22.63%), Selenium: 14.35µg (20.5%), Vitamin A: 830.69IU (16.61%), Phosphorus: 161.63mg (16.16%), Calcium: 154.01mg (15.4%), Vitamin B1: 0.2mg (13.56%), Folate: 49.03µg (12.26%), Manganese: 0.24mg (11.93%), Vitamin B5: 0.87mg (8.7%), Vitamin B12: 0.52µg (8.68%), Iron: 1.46mg (8.08%), Vitamin B3: 1.6mg (8%), Potassium: 265.8mg (7.59%), Fiber: 1.79g (7.16%), Zinc: 1mg (6.66%), Vitamin E: 0.98mg (6.55%), Magnesium: 22.05mg (5.51%), Vitamin D: 0.74µg (4.96%), Copper: 0.1mg (4.94%), Vitamin B6: 0.09mg (4.34%), Vitamin C: 2.27mg (2.75%), Vitamin K: 2.59µg (2.47%)