

Buttermilk Pudding

 Gluten Free

READY IN



250 min.

SERVINGS



6

CALORIES



309 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons powdered gelatin
- ☐ 1 cup heavy whipping cream
- ☐ 0.5 cup sugar
- ☐ 1 vanilla pod seeded
- ☐ 2 cups buttermilk
- ☐ 6 servings jelly to serve

Equipment

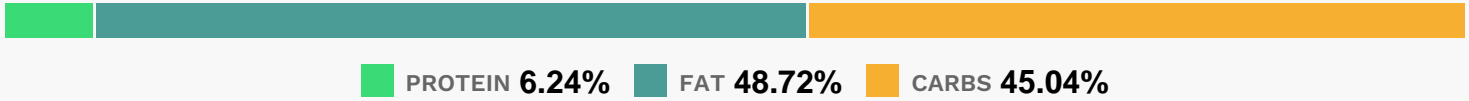
- ☐ bowl

- ☐ sauce pan
- ☐ sieve
- ☐ plastic wrap
- ☐ ramekin

Directions

- ☐ Mix the gelatin with 2 tablespoons of water in a small bowl and set aside.
- ☐ Put the cream, sugar, and vanilla bean seeds and pod (or vanilla extract if using) into a small saucepan over medium heat. Once the sugar has dissolved remove from heat and add the gelatin to the warm cream mixture. Stir until the gelatin has dissolved.
- ☐ Once the cream has cooled to room temperature, add the buttermilk and stir. Strain through a fine mesh sieve to catch any bits of undissolved gelatin.
- ☐ Pour the mixture into ramekins, about 1/2 cup per ramekin (the pudding is very rich). Cover the ramekins with plastic wrap and chill to set for at least four hours.
- ☐ Serve with your favorite jam, jelly, marmalade, fruit, or straight up.

Nutrition Facts



Properties

Glycemic Index:26.02, Glycemic Load:20.3, Inflammation Score:-4, Nutrition Score:4.8465217636979%

Nutrients (% of daily need)

Calories: 309.18kcal (15.46%), Fat: 17.04g (26.21%), Saturated Fat: 10.65g (66.54%), Carbohydrates: 35.43g (11.81%), Net Carbohydrates: 35.21g (12.8%), Sugar: 31.42g (34.91%), Cholesterol: 53.62mg (17.87%), Sodium: 103.9mg (4.52%), Alcohol: 0.06g (100%), Alcohol %: 0.05% (100%), Protein: 4.91g (9.82%), Vitamin A: 715.1IU (14.3%), Vitamin B2: 0.23mg (13.75%), Calcium: 123.1mg (12.31%), Vitamin D: 1.67µg (11.16%), Phosphorus: 95.34mg (9.53%), Selenium: 5.18µg (7.4%), Vitamin B12: 0.43µg (7.19%), Potassium: 161.88mg (4.63%), Vitamin B5: 0.41mg (4.11%), Copper: 0.07mg (3.72%), Vitamin B1: 0.05mg (3.27%), Vitamin E: 0.44mg (2.97%), Magnesium: 11.89mg (2.97%), Zinc: 0.41mg (2.77%), Vitamin C: 2mg (2.42%), Vitamin B6: 0.05mg (2.34%), Folate: 8.19µg (2.05%), Vitamin K: 1.51µg (1.44%), Iron: 0.19mg (1.03%)