

Buttermilk Pudding

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



400 kcal

DESSERT

Ingredients

- ☐ 2 cups buttermilk
- ☐ 6 servings canola oil for the ramekins
- ☐ 0.3 ounce gelatin powder unflavored
- ☐ 1 cup heavy cream
- ☐ 0.7 cup sugar
- ☐ 1 teaspoon vanilla extract

Equipment

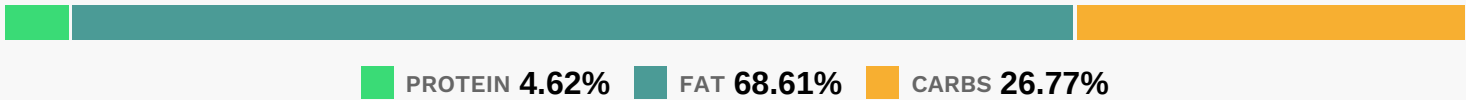
- ☐ bowl

- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ ramekin
- ☐ measuring cup

Directions

- ☐ Combine the gelatin with 1/4 cup water in a small bowl or measuring cup and let stand for 3 minutes. In a small saucepan, over medium heat, combine 1/2 cup of the cream and the sugar. Cook, stirring, until the sugar has dissolved.
- ☐ Remove from heat and whisk in the gelatin. In a large bowl, combine the buttermilk, vanilla, and the remaining cream. Stir in the warm cream mixture. Lightly oil six 6-ounce ramekins. Divide the mixture evenly among the ramekins. Refrigerate, covered, 3 hours or overnight. To serve, run a knife around the edge of each ramekin and invert onto plates.

Nutrition Facts



Properties

Glycemic Index:16.85, Glycemic Load:16.72, Inflammation Score:-4, Nutrition Score:5.5743477823942%

Nutrients (% of daily need)

Calories: 399.66kcal (19.98%), Fat: 31.04g (47.75%), Saturated Fat: 11.67g (72.97%), Carbohydrates: 27.25g (9.08%), Net Carbohydrates: 27.25g (9.91%), Sugar: 27.32g (30.36%), Cholesterol: 53.62mg (17.87%), Sodium: 97.31mg (4.23%), Alcohol: 0.23g (100%), Alcohol %: 0.18% (100%), Protein: 4.71g (9.41%), Vitamin E: 2.87mg (19.14%), Vitamin A: 715.1IU (14.3%), Vitamin B2: 0.22mg (12.93%), Calcium: 119.13mg (11.91%), Vitamin D: 1.67µg (11.16%), Vitamin K: 11.49µg (10.94%), Phosphorus: 91.51mg (9.15%), Vitamin B12: 0.43µg (7.19%), Selenium: 4.75µg (6.79%), Potassium: 147.3mg (4.21%), Vitamin B5: 0.41mg (4.07%), Vitamin B1: 0.05mg (3.06%), Magnesium: 11.12mg (2.78%), Zinc: 0.4mg (2.69%), Copper: 0.05mg (2.6%), Vitamin B6: 0.04mg (2.15%), Folate: 5.94µg (1.49%)