



Chamomile Pudding from the 'Alinea' Cookbook



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



632 kcal

Ingredients

- ☐ 9 g agar powder
- ☐ 4 sheets gelatin
- ☐ 1 pinch saffron threads
- ☐ 2 g salt
- ☐ 150 g sugar
- ☐ 500 g water
- ☐ 10 g frangelico dried
- ☐ 10 g frangelico dried

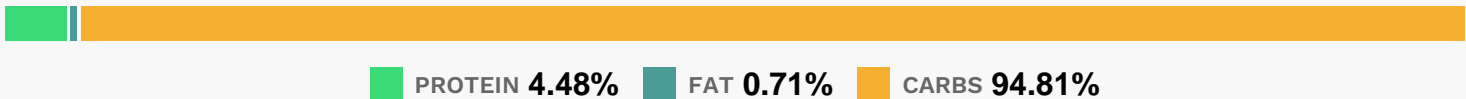
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ cheesecloth

Directions

- ☐ Combine first 5 ingredients in a medium saucepan, stir, and bring to a boil. Cover pan and remove from heat. Allow mixture to steep for 4 minutes.
- ☐ Place gelatin sheets in ice water to soften.
- ☐ Pour chamomile mixture through a fine mesh strainer lined with two layers of damp cheesecloth into a medium sauce pan.
- ☐ Sprinkle in agar agar.
- ☐ Heat mixture to the boil, and continue to boil for about 1 ½ minutes, whisking constantly.
- ☐ Remove pan from heat.
- ☐ Wring softened gelatin of excess water and add to hot agar agar mixture. Stir until gelatin is completely dissolved and well incorporated. Strain mixture through fine mesh sieve into a wide shallow pan.
- ☐ Place pan filled with chamomile liquid into a larger pan filled with ice and water and allow mixture to cool until completely cold and set.
- ☐ Place cooled chamomile mixture in the pitcher of a high-speed professional blender and blend on high until mixture is very smooth. Pass mixture through fine mesh strainer. Refrigerate until needed.

Nutrition Facts



Properties

Glycemic Index:140.09, Glycemic Load:104.74, Inflammation Score:-3, Nutrition Score:5.2182607993322%

Flavonoids

Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg

Nutrients (% of daily need)

Calories: 631.99kcal (31.6%), Fat: 0.52g (0.8%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 156.71g (52.24%), Net Carbohydrates: 156.02g (56.73%), Sugar: 149.97g (166.63%), Cholesterol: 0mg (0%), Sodium: 826.59mg (35.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.41g (14.83%), Manganese: 0.42mg (20.88%), Magnesium: 76.21mg (19.05%), Copper: 0.32mg (15.95%), Folate: 54.65µg (13.66%), Iron: 2.1mg (11.68%), Calcium: 77.69mg (7.77%), Selenium: 4.73µg (6.76%), Zinc: 0.6mg (4%), Vitamin B2: 0.07mg (3.94%), Potassium: 106.55mg (3.04%), Vitamin E: 0.45mg (3%), Vitamin B5: 0.28mg (2.82%), Fiber: 0.69g (2.78%), Vitamin K: 2.2µg (2.09%), Vitamin B6: 0.03mg (1.42%)