

# Charleston Pudding



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



250 kcal

DESSERT

## Ingredients

- ☐ 1 tablespoon apple brandy
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup brown sugar packed
- ☐ 2 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.1 teaspoon salt
- ☐ 2 cups sweet-tart apple cored peeled coarsely chopped 2 medium

☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Combine apple and brandy, tossing well to coat.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, baking powder, and salt in a medium bowl, stirring with a whisk.
- ☐ Place sugar, vanilla, and eggs in a large bowl; beat with a mixer at medium speed for 3 minutes or until thick. With mixer on low speed, gradually add flour mixture. Gently fold in apple mixture and pecans. Spoon batter into an 8-inch square baking pan coated with cooking spray.
- ☐ Bake at 350 for 25 minutes or until top is puffed and deep golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:40.17, Glycemic Load:4.85, Inflammation Score:-2, Nutrition Score:5.382173942483%

Flavonoids

Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 3.37mg, Epicatechin: 3.37mg, Epicatechin: 3.37mg Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 249.54kcal (12.48%), Fat: 6.07g (9.34%), Saturated Fat: 0.92g (5.73%), Carbohydrates: 47.45g (15.82%), Net Carbohydrates: 45.67g (16.61%), Sugar: 40.56g (45.06%), Cholesterol: 62mg (20.67%), Sodium: 224.32mg (9.75%), Alcohol: 0.23g (100%), Alcohol %: 0.26% (100%), Protein: 3.35g (6.7%), Manganese: 0.35mg (17.67%), Calcium: 125.88mg (12.59%), Selenium: 7.56µg (10.79%), Phosphorus: 90.97mg (9.1%), Vitamin B2: 0.12mg (7.17%), Fiber: 1.78g (7.14%), Iron: 1.15mg (6.38%), Vitamin B1: 0.1mg (6.34%), Copper: 0.12mg (6.1%), Folate: 20.39µg (5.1%), Potassium: 150.65mg (4.3%), Magnesium: 16.42mg (4.11%), Vitamin B5: 0.41mg (4.06%), Vitamin B6: 0.08mg (3.83%), Zinc: 0.56mg (3.7%), Vitamin C: 2.1mg (2.54%), Vitamin B12: 0.15µg (2.47%), Vitamin B3: 0.47mg (2.37%), Vitamin A: 117.22IU (2.34%), Vitamin E: 0.34mg (2.28%), Vitamin D: 0.33µg (2.22%), Vitamin K: 1.25µg (1.19%)