



Cherry Dump Pudding

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



232 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 cup butter
- 4 cups cherries sour pitted
- 1.3 cups cherry juice
- 2 cups flour all-purpose
- 1 cup milk
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract

0.5 cup sugar white

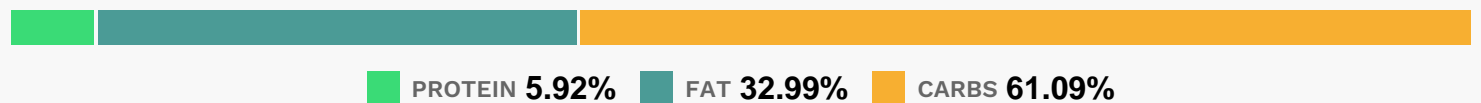
Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan
- hand mixer
- microwave

Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease a 10x10-inch baking dish.
- In large bowl, combine flour, salt, baking powder and 1 cup sugar; stir.
- Add butter, milk and vanilla; beat with electric mixer for 2 minutes, or until smooth.
- Pour mixture into pan and cover evenly with cherries.
- Heat cherry juice in microwave or in small saucepan, until just simmering.
- Sprinkle 1/2 cup of sugar over cherries, and pour hot cherry juice on top.
- Bake 40 to 45 minutes, or until pick inserted in center comes out clean.

Nutrition Facts



Properties

Glycemic Index:28.92, Glycemic Load:19.26, Inflammation Score:-4, Nutrition Score:5.2900000240492%

Flavonoids

Cyanidin: 13.9mg, Cyanidin: 13.9mg, Cyanidin: 13.9mg, Cyanidin: 13.9mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.69mg, Peonidin: 0.69mg, Peonidin: 0.69mg, Peonidin: 0.69mg Catechin: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 2.3mg, Epicatechin:

2.3mg, Epicatechin: 2.3mg, Epicatechin: 2.3mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 231.5kcal (11.58%), Fat: 8.64g (13.3%), Saturated Fat: 5.29g (33.06%), Carbohydrates: 36.02g (12.01%), Net Carbohydrates: 34.49g (12.54%), Sugar: 17.75g (19.72%), Cholesterol: 22.78mg (7.59%), Sodium: 238.68mg (10.38%), Alcohol: 0.11g (100%), Alcohol %: 0.11% (100%), Protein: 3.49g (6.98%), Vitamin B1: 0.19mg (12.52%), Selenium: 7.59µg (10.85%), Folate: 40.25µg (10.06%), Vitamin B2: 0.15mg (8.9%), Manganese: 0.18mg (8.83%), Calcium: 77.78mg (7.78%), Iron: 1.36mg (7.56%), Phosphorus: 69.59mg (6.96%), Vitamin B3: 1.33mg (6.64%), Fiber: 1.53g (6.12%), Vitamin A: 298.74IU (5.97%), Potassium: 199.98mg (5.71%), Vitamin C: 3.22mg (3.9%), Magnesium: 12.49mg (3.12%), Copper: 0.06mg (2.94%), Vitamin B5: 0.27mg (2.69%), Vitamin B6: 0.04mg (2.22%), Vitamin B12: 0.13µg (2.1%), Vitamin E: 0.27mg (1.83%), Zinc: 0.27mg (1.81%), Vitamin K: 1.75µg (1.67%), Vitamin D: 0.22µg (1.49%)