

Chomeur's Pudding

READY IN



65 min.

SERVINGS



15

CALORIES



250 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 cups brown sugar
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup butter
- ☐ 1 cup milk
- ☐ 0.3 teaspoon vanilla extract
- ☐ 2 cups water
- ☐ 1 cup sugar white

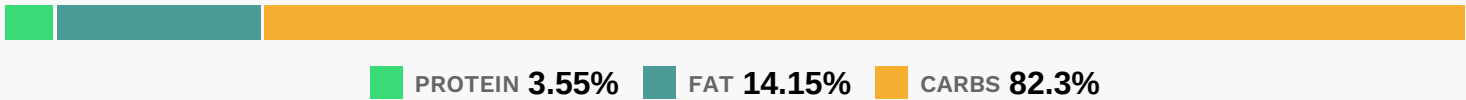
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat an oven to 325 degrees F (165 degrees C). Grease a 9x13-inch baking dish.
- ☐ Sift the flour and baking powder together in a small bowl. Beat the egg, sugar, and 1/4 cup margarine together in a large bowl.
- ☐ Add the flour mixture alternately with the milk to the egg mixture, stirring just to combine.
- ☐ Pour the batter into the prepared dish.
- ☐ Bring the water to a boil in a saucepan; stir the brown sugar, 1/4 cup margarine, and vanilla extract into the water and return to a boil for 2 minutes.
- ☐ Pour the sauce over the batter.
- ☐ Bake in the preheated oven until the center is set, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:18.34, Glycemic Load:16.57, Inflammation Score:-2, Nutrition Score:3.2147825895606%

Nutrients (% of daily need)

Calories: 249.79kcal (12.49%), Fat: 4.01g (6.17%), Saturated Fat: 1.05g (6.53%), Carbohydrates: 52.49g (17.5%), Net Carbohydrates: 52.15g (18.97%), Sugar: 42.6g (47.33%), Cholesterol: 12.86mg (4.29%), Sodium: 84.47mg (3.67%), Alcohol: 0.02g (100%), Alcohol %: 0.03% (100%), Protein: 2.26g (4.53%), Selenium: 5.88µg (8.4%), Vitamin B1: 0.11mg (7.25%), Calcium: 65.76mg (6.58%), Folate: 24.58µg (6.15%), Vitamin B2: 0.1mg (5.98%), Manganese: 0.11mg (5.31%), Iron: 0.88mg (4.87%), Phosphorus: 43.63mg (4.36%), Vitamin B3: 0.79mg (3.95%), Vitamin A: 177.52IU (3.55%), Potassium: 82.84mg (2.37%), Magnesium: 8.2mg (2.05%), Vitamin B5: 0.2mg (2.02%), Copper: 0.04mg (2.01%), Vitamin B12: 0.12µg (1.96%), Vitamin B6: 0.03mg (1.64%), Vitamin D: 0.24µg (1.58%), Zinc: 0.21mg (1.37%),

Fiber: 0.34g (1.35%), Vitamin E: 0.16mg (1.09%)