



Citrus Pudding with Whipped Cream

 Gluten Free

READY IN



150 min.

SERVINGS



4

CALORIES



174 kcal

Ingredients

- ☐ 3 tablespoons cornstarch
- ☐ 0.3 cup heavy whipping cream
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 cup orange juice fresh
- ☐ 0.5 teaspoon orange rind grated
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 0.5 teaspoon tangerine rind grated
- ☐ 1 cup tangerine juice fresh

☐ 1 teaspoon butter unsalted

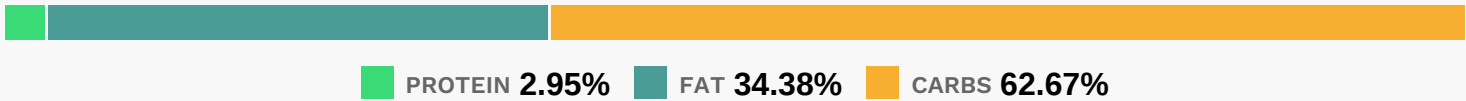
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender
- ☐ plastic wrap
- ☐ wooden spoon

Directions

- ☐ Combine first 3 ingredients in a small saucepan; crush with a wooden spoon. Stir in tangerine juice, orange juice, cornstarch, and salt, stirring well. Bring to a boil, stirring constantly. Boil 2 minutes or until thickened, stirring constantly.
- ☐ Remove from heat; stir in lemon juice and butter.
- ☐ Pour pudding into a bowl; cover surface of pudding with plastic wrap. Chill.
- ☐ Place cream in a bowl; beat with a mixer at high speed until stiff peaks form. Fold half of cream into pudding. Spoon 1/2 cup pudding into each of 4 dessert bowls or glasses; top each serving with 1 tablespoon whipped cream.

Nutrition Facts



Properties

Glycemic Index:30.52, Glycemic Load:9.57, Inflammation Score:-5, Nutrition Score:5.4973913508913%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 18.52mg, Hesperetin: 18.52mg, Hesperetin: 18.52mg, Hesperetin: 18.52mg Naringenin: 2.22mg, Naringenin: 2.22mg, Naringenin: 2.22mg, Naringenin: 2.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 174.13kcal (8.71%), Fat: 6.8g (10.46%), Saturated Fat: 4.14g (25.89%), Carbohydrates: 27.87g (9.29%), Net Carbohydrates: 27.53g (10.01%), Sugar: 20.83g (23.15%), Cholesterol: 19.93mg (6.64%), Sodium: 151.82mg (6.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.63%), Vitamin C: 51.03mg (61.86%), Vitamin A: 531.4IU (10.63%), Potassium: 254.79mg (7.28%), Vitamin B1: 0.1mg (6.37%), Folate: 23.19µg (5.8%), Vitamin B2: 0.06mg (3.69%), Magnesium: 13.39mg (3.35%), Phosphorus: 30.22mg (3.02%), Vitamin B6: 0.06mg (3.01%), Calcium: 29.09mg (2.91%), Copper: 0.05mg (2.48%), Vitamin B5: 0.24mg (2.44%), Vitamin E: 0.28mg (1.86%), Manganese: 0.04mg (1.81%), Vitamin B3: 0.35mg (1.76%), Iron: 0.31mg (1.74%), Vitamin D: 0.26µg (1.72%), Fiber: 0.34g (1.36%), Selenium: 0.9µg (1.29%)