

Cook the Book: Little Summer Puddings

READY IN



45 min.

SERVINGS



4

CALORIES



406 kcal

DESSERT

Ingredients

- ☐ 1.5 cups milk
- ☐ 4 cups raspberries fresh
- ☐ 0.3 cup sugar
- ☐ 1 cup whipped cream
- ☐ 12 slices sandwich bread white

Equipment

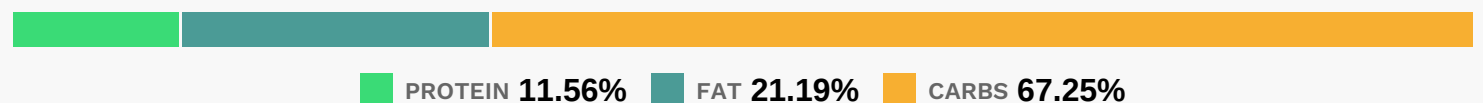
- ☐ bowl
- ☐ baking paper

- ☐ knife
- ☐ plastic wrap
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Put the raspberries in a bowl and sprinkle the sugar over them. Shake the bowl to mix them together without crushing the berries. Set aside to macerate for half an hour.
- ☐ You will need four 6–8-ounce ramekins for your pudding molds.
- ☐ Cut a circle out of each slice of bread, using a ramekin as a template.
- ☐ Pour the milk into a wide dish.
- ☐ Working with one circle of bread at a time, quickly dip the bread into the milk until just moist but not soggy, then press it into one of the ramekins, lining the bottom. Cover the layer of bread with a generous layer of berries. Make another layer with the moistened bread and berries, then add a third circle of moistened bread. The ramekin should be filled to (or even swollen above) the rim.
- ☐ Layer the remaining 3 ramekins in the same fashion, using the remaining bread and berries. Spoon any juices over the top.
- ☐ Put the filled ramekins on a small tray or baking dish, loosely cover each one with plastic wrap or parchment paper, and set a heavy dish directly on top of them as a weight to press the layers together.
- ☐ Refrigerate the puddings until the bread and berries have completely melded together, about 4 hours. They'll keep well in the refrigerator for up to 24 hours.
- ☐ To serve, uncover the ramekins and run a small knife around the inside edges. Invert each pudding onto a dessert plate and unmold it gently.
- ☐ Sprinkle the puddings with some sugar and put a nice spoonful of whipped cream on top.

Nutrition Facts



Properties

Glycemic Index:65.97, Glycemic Load:39.37, Inflammation Score:-7, Nutrition Score:19.65869565632%

Flavonoids

Cyanidin: 54.92mg, Cyanidin: 54.92mg, Cyanidin: 54.92mg, Cyanidin: 54.92mg Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg Delphinidin: 1.58mg, Delphinidin: 1.58mg, Delphinidin: 1.58mg, Delphinidin: 1.58mg Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg Pelargonidin: 1.18mg, Pelargonidin: 1.18mg, Pelargonidin: 1.18mg, Pelargonidin: 1.18mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 406.48kcal (20.32%), Fat: 9.77g (15.04%), Saturated Fat: 4.42g (27.59%), Carbohydrates: 69.78g (23.26%), Net Carbohydrates: 60.25g (21.91%), Sugar: 27.39g (30.43%), Cholesterol: 22.38mg (7.46%), Sodium: 395.05mg (17.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.99g (23.99%), Manganese: 1.25mg (62.62%), Vitamin C: 31.44mg (38.11%), Fiber: 9.52g (38.1%), Vitamin B1: 0.48mg (31.7%), Calcium: 316.07mg (31.61%), Selenium: 19.66µg (28.09%), Folate: 108.9µg (27.23%), Phosphorus: 225.32mg (22.53%), Vitamin B3: 4.39mg (21.97%), Vitamin B2: 0.36mg (21.41%), Iron: 3.36mg (18.68%), Magnesium: 59.28mg (14.82%), Potassium: 428.5mg (12.24%), Vitamin B5: 1.18mg (11.84%), Zinc: 1.6mg (10.64%), Copper: 0.2mg (10.21%), Vitamin B6: 0.2mg (9.85%), Vitamin K: 10.07µg (9.59%), Vitamin E: 1.35mg (9.01%), Vitamin B12: 0.54µg (8.96%), Vitamin D: 1.07µg (7.11%), Vitamin A: 291.33IU (5.83%)