



Date Pudding

READY IN



40 min.

SERVINGS



2

CALORIES



614 kcal

DESSERT

Ingredients

- 0.8 cup dates chopped
- 0.5 cup walnut pieces chopped
- 6 tablespoons sugar
- 1 eggs
- 2 tablespoons milk
- 0.5 teaspoon vanilla extract
- 2 tablespoons flour all-purpose
- 0.5 teaspoon double-acting baking powder
- 1 Dash salt

- 1 tablespoon butter
- 1 serving whipped cream

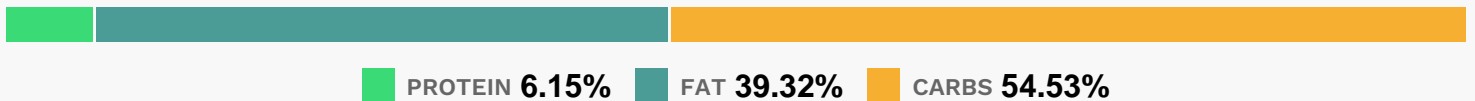
Equipment

- bowl
- oven
- knife
- baking pan

Directions

- In a bowl, combine the dates, walnuts and sugar. In another bowl, beat egg, milk and vanilla.
- Add to date mixture; mix well.
- Combine flour, baking powder and salt; add to the date mixture.
- Spread into a greased 1-qt. baking dish; dot with butter.
- Bake at 325° for 30 minutes or until a knife inserted in the center comes out clean.
- Serve with whipped cream.

Nutrition Facts



Properties

Glycemic Index:226.05, Glycemic Load:49.61, Inflammation Score:-5, Nutrition Score:14.393043549164%

Flavonoids

Cyanidin: 1.73mg, Cyanidin: 1.73mg, Cyanidin: 1.73mg, Cyanidin: 1.73mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 614.42kcal (30.72%), Fat: 28.39g (43.68%), Saturated Fat: 6.8g (42.52%), Carbohydrates: 88.57g (29.52%), Net Carbohydrates: 82g (29.82%), Sugar: 72.83g (80.93%), Cholesterol: 100.97mg (33.66%), Sodium: 209.86mg (9.12%), Alcohol: 0.34g (100%), Alcohol %: 0.25% (100%), Protein: 9.99g (19.98%), Manganese: 1.2mg (60.24%), Copper: 0.61mg (30.45%), Fiber: 6.57g (26.3%), Phosphorus: 228.51mg (22.85%), Magnesium: 76.87mg (19.22%), Selenium: 13µg (18.57%), Potassium: 559.99mg (16%), Folate: 63.5µg (15.88%), Vitamin B6: 0.3mg

(14.98%), Vitamin B2: 0.25mg (14.75%), Calcium: 146.01mg (14.6%), Vitamin B1: 0.21mg (13.74%), Iron: 2.28mg (12.66%), Zinc: 1.48mg (9.89%), Vitamin B5: 0.93mg (9.35%), Vitamin B3: 1.51mg (7.56%), Vitamin A: 349.94IU (7%), Vitamin B12: 0.3µg (4.96%), Vitamin E: 0.66mg (4.38%), Vitamin D: 0.62µg (4.11%), Vitamin K: 2.96µg (2.82%)