



Deborah Madison's Tangelo-Tangerine Pudding

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



178 kcal

DESSERT

Ingredients

- ☐ 4 servings agave nectar to taste
- ☐ 3 tablespoons cornstarch organic
- ☐ 1 teaspoon lime zest finely grated
- ☐ 2 cups tangelo juice mixed fresh (from 10 to 12 tangelos)
- ☐ 1 pinch salt
- ☐ 1 tablespoon sugar organic
- ☐ 1 tablespoon butter unsalted

☐ 1 teaspoon orange-flower water

Equipment

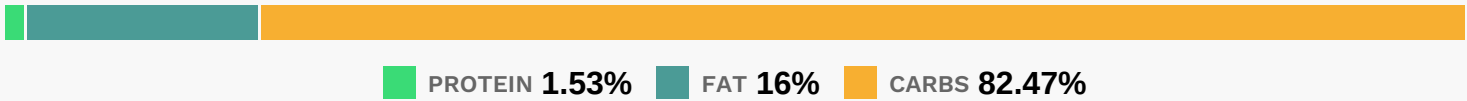
☐ sauce pan

☐ whisk

Directions

- ☐ Smash the tangerine zest with the sugar to moisten the sugar with the fruit's aromatic oils.
- ☐ Transfer to a 1-quart saucepan along with the cornstarch, juice, and salt. Stir to dissolve the cornstarch.
- ☐ Turn on the heat, bring the mixture to a boil, and cook, stirring, until the juice has thickened, after just a few minutes. Cook for 1 minute more, then turn off the heat and whisk in the butter and yuzu or orange-flower water. Taste, and if extra sweetener is needed, add a few drops of stevia, orange blossom honey, or agave nectar.

Nutrition Facts



Properties

Glycemic Index:29.27, Glycemic Load:4.51, Inflammation Score:-4, Nutrition Score:4.6891303480319%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 21.35mg, Hesperetin: 21.35mg, Hesperetin: 21.35mg, Hesperetin: 21.35mg Naringenin: 1.71mg, Naringenin: 1.71mg, Naringenin: 1.71mg, Naringenin: 1.71mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 177.86kcal (8.89%), Fat: 3.19g (4.91%), Saturated Fat: 1.83g (11.43%), Carbohydrates: 37.04g (12.35%), Net Carbohydrates: 36.68g (13.34%), Sugar: 29.51g (32.79%), Cholesterol: 7.53mg (2.51%), Sodium: 12.73mg (0.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.37%), Vitamin C: 40.02mg (48.51%), Vitamin A: 400.17IU (8%), Vitamin B1: 0.1mg (6.42%), Potassium: 222.26mg (6.35%), Vitamin B6: 0.1mg (5.07%), Vitamin K: 4.97µg (4.74%), Vitamin B2: 0.06mg (3.6%), Folate: 12.62µg (3.15%), Vitamin E: 0.45mg (2.99%), Magnesium: 10.37mg (2.59%), Manganese: 0.05mg (2.51%), Calcium: 23.6mg (2.36%), Phosphorus: 19.21mg (1.92%), Copper: 0.04mg (1.84%), Iron: 0.3mg (1.66%), Vitamin B5: 0.16mg (1.59%), Fiber: 0.36g (1.43%), Vitamin B3: 0.27mg (1.35%), Selenium: 0.7µg (1.01%)