



## Easy Apple Pudding

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



371 kcal

DESSERT

### Ingredients

- 2 cups apples peeled chopped
- 2 teaspoons double-acting baking powder
- 0.5 cup butter melted
- 1 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 1 cup milk
- 1 cup splenda® no calorie sweetener
- 0.3 teaspoon salt

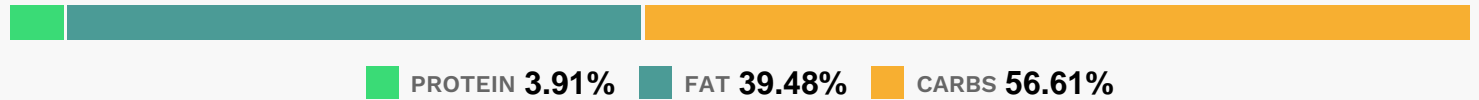
# Equipment

- bowl
- oven
- baking pan
- microwave

# Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a small baking dish, combine butter, SLENDA® Granulated Sweetener, flour, baking powder, salt, and milk until smooth.
- In a microwave-safe bowl, combine apples and cinnamon. Microwave until apples are soft, 2 to 5 minutes.
- Pour apples into the center of the batter.
- Bake in the preheated oven 30 minutes, or until golden.

# Nutrition Facts



# Properties

Glycemic Index:57, Glycemic Load:29.29, Inflammation Score:-4, Nutrition Score:6.2678260181261%

# Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

# Nutrients (% of daily need)

Calories: 371.06kcal (18.55%), Fat: 16.92g (26.03%), Saturated Fat: 10.52g (65.78%), Carbohydrates: 54.6g (18.2%), Net Carbohydrates: 52.85g (19.22%), Sugar: 33.13g (36.81%), Cholesterol: 45.55mg (15.18%), Sodium: 376.18mg (16.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.54%), Calcium: 141.93mg (14.19%), Vitamin B1: 0.19mg (12.96%), Selenium: 8.04µg (11.48%), Vitamin A: 562.09IU (11.24%), Manganese: 0.22mg (10.85%), Vitamin B2: 0.18mg (10.38%), Phosphorus: 102.12mg (10.21%), Folate: 39.96µg (9.99%), Fiber: 1.74g (6.97%), Iron: 1.2mg (6.64%), Vitamin B3: 1.32mg (6.62%), Vitamin B12: 0.25µg (4.2%), Potassium: 135.47mg (3.87%), Vitamin E: 0.55mg (3.7%), Magnesium: 12.49mg (3.12%), Vitamin D: 0.45µg (2.98%), Vitamin B5: 0.29mg (2.9%), Vitamin B6: 0.05mg (2.61%), Vitamin K: 2.53µg (2.41%), Zinc: 0.35mg (2.35%), Vitamin C: 1.93mg (2.34%), Copper: 0.04mg (2.15%)