



## English Summer Pudding

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



127 kcal

DESSERT

### Ingredients

- ☐ 10 inch angel food cake
- ☐ 2 cups blackberries fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.3 cup orange juice
- ☐ 1.8 pounds peaches fresh ripe peeled coarsely chopped
- ☐ 2 cups raspberries fresh
- ☐ 0.3 cup sugar
- ☐ 3 tablespoons triple sec orange-flavored

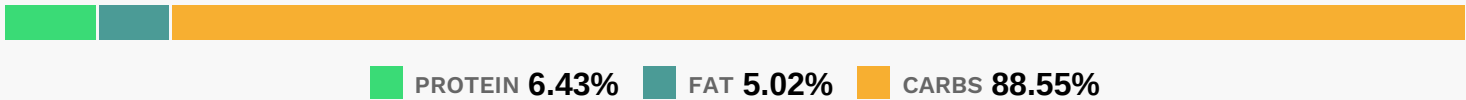
# Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ plastic wrap

# Directions

- ☐ Combine first 7 ingredients in a large saucepan; bring to a boil. Reduce heat; simmer 10 minutes, stirring occasionally. Set aside.
- ☐ Cut cake into 1-inch-thick slices; cut each slice in half diagonally to make 2 triangles. Line the bottom and sides of a 3-quart straight-sided glass bowl or trifle bowl with half of the cake pieces; spoon half of peach mixture into cake-lined bowl. Arrange half of remaining cake pieces over the peach mixture, and spoon remaining peach mixture over cake. Top with remaining cake pieces.
- ☐ Place plastic wrap on surface of cake pieces, and place a small plate on top of plastic wrap; place a 1-pound can on plate to firmly press mixture. Chill for 8 hours.
- ☐ Remove plate and plastic wrap.
- ☐ Garnish with additional fresh berries, if desired.

# Nutrition Facts



# Properties

Glycemic Index:26.67, Glycemic Load:9.15, Inflammation Score:-6, Nutrition Score:7.5817391465863%

# Flavonoids

Cyanidin: 51.62mg, Cyanidin: 51.62mg, Cyanidin: 51.62mg, Cyanidin: 51.62mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 18.62mg, Catechin: 18.62mg, Catechin: 18.62mg, Catechin: 18.62mg Epigallocatechin: 1.21mg, Epigallocatechin: 1.21mg, Epigallocatechin: 1.21mg, Epigallocatechin: 1.21mg Epicatechin: 5.06mg, Epicatechin: 5.06mg, Epicatechin: 5.06mg, Epicatechin: 5.06mg Epigallocatechin 3-gallate: 0.7mg, Epigallocatechin 3-gallate: 0.7mg, Epigallocatechin 3-gallate: 0.7mg, Epigallocatechin 3-gallate: 0.7mg

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 127.07kcal (6.35%), Fat: 0.71g (1.09%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 28.07g (9.36%), Net Carbohydrates: 22.67g (8.24%), Sugar: 21.3g (23.67%), Cholesterol: 0mg (0%), Sodium: 30.41mg (1.32%), Alcohol: 1.46g (100%), Alcohol %: 0.97% (100%), Protein: 2.04g (4.08%), Vitamin C: 24.98mg (30.28%), Manganese: 0.5mg (24.94%), Fiber: 5.4g (21.6%), Vitamin K: 12.46µg (11.86%), Vitamin E: 1.41mg (9.41%), Copper: 0.17mg (8.67%), Vitamin A: 431.2IU (8.62%), Potassium: 251.84mg (7.2%), Vitamin B3: 1.27mg (6.34%), Folate: 24.8µg (6.2%), Magnesium: 23.33mg (5.83%), Phosphorus: 47.94mg (4.79%), Iron: 0.8mg (4.47%), Selenium: 2.84µg (4.06%), Vitamin B5: 0.37mg (3.74%), Zinc: 0.56mg (3.71%), Vitamin B2: 0.06mg (3.67%), Vitamin B1: 0.05mg (3.51%), Vitamin B6: 0.06mg (2.84%), Calcium: 26.17mg (2.62%)