



Fig-Walnut Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



640 kcal

DESSERT

Ingredients

- ☐ 8 slices challah bread ()
- ☐ 12 figs dried
- ☐ 6 large eggs
- ☐ 1 pinch ground cloves
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 cup honey
- ☐ 2 cups milk
- ☐ 1 cup sugar divided

- ☐ 2 tablespoons vanilla extract
- ☐ 1 cup walnuts
- ☐ 1 cup whipping cream

Equipment

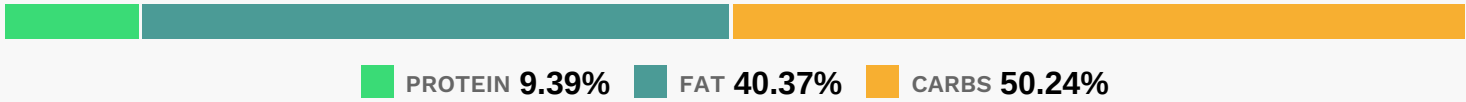
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Place figs in a heatproof bowl with boiling water to cover; let stand 20 minutes or until plump.
- ☐ Drain figs, and slice.
- ☐ Place bread and walnuts in a 15- x 10-inch jellyroll pan; bake at 500 for 3 to 4 minutes or until toasted.
- ☐ Remove from oven, and set aside. Reduce heat to 35
- ☐ Heat milk, cream, and 3/4 cup sugar in a medium saucepan over medium heat. (Do not boil.)
- ☐ Whisk together eggs and next 4 ingredients in a large bowl; slowly whisk in milk mixture.
- ☐ Layer half of bread and walnuts evenly in a lightly greased 11- x 7-inch baking dish or 10-inch pieplate, slightly overlapping slices; layer half of figs evenly over bread.
- ☐ Pour half of milk mixture evenly over figs. Repeat procedure with remaining bread, figs, and milk mixture. Press lightly with a spatula.
- ☐ Sprinkle walnuts and remaining 1/4 cup sugar evenly over top.
- ☐ Cover loosely with foil, leaving corners uncovered to brown edges (if using a pieplate, loosely cover with foil, allowing edges to brown).
- ☐ Bake at 350 for 45 minutes, or until set.

- ☐
- Remove foil, and bake 15 more minutes.
- ☐
- Serve pudding warm with Rum Sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:29.88, Inflammation Score:-6, Nutrition Score:17.260434824487%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg

Nutrients (% of daily need)

Calories: 639.72kcal (31.99%), Fat: 29.21g (44.94%), Saturated Fat: 10.94g (68.38%), Carbohydrates: 81.81g (27.27%), Net Carbohydrates: 78.36g (28.49%), Sugar: 53.81g (59.79%), Cholesterol: 207.47mg (69.16%), Sodium: 288.8mg (12.56%), Alcohol: 1.12g (100%), Alcohol %: 0.55% (100%), Protein: 15.3g (30.6%), Manganese: 0.88mg (43.77%), Selenium: 30.63µg (43.75%), Vitamin B2: 0.59mg (34.73%), Phosphorus: 269.26mg (26.93%), Vitamin B1: 0.35mg (23.21%), Folate: 90.4µg (22.6%), Calcium: 200.92mg (20.09%), Copper: 0.4mg (19.84%), Vitamin A: 854.75IU (17.09%), Iron: 3.08mg (17.09%), Vitamin B3: 2.96mg (14.81%), Magnesium: 56.31mg (14.08%), Vitamin D: 2.11µg (14.06%), Fiber: 3.45g (13.79%), Vitamin B12: 0.76µg (12.73%), Vitamin B6: 0.24mg (12.14%), Zinc: 1.81mg (12.07%), Vitamin B5: 1.18mg (11.79%), Potassium: 395.45mg (11.3%), Vitamin E: 0.98mg (6.55%), Vitamin K: 4.01µg (3.82%)