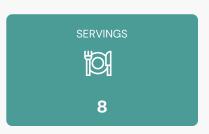


Fig-Walnut Pudding

Vegetarian







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			
Eq	Equipment			
	bowl			
	frying pan			
	sauce pan			
	oven			
	whisk			
	baking pan			
	aluminum foil			
	spatula			
Di	rections			
	Place figs in a heatproof bowl with boiling water to cover; let stand 20 minutes or until plump.			
	Drain figs, and slice.			
Ш	Place bread and walnuts in a 15- \times 10-inch jellyroll pan; bake at 500 for 3 to 4 minutes or until toasted.			
	toasted.			
	toasted. Remove from oven, and set aside. Reduce heat to 35			
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Serve pudding warm with Rum Sauce, if desired.
Nutrition Facts

PROTEIN 9.39% FAT 40.37% CARBS 50.24%

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

Remove foil, and bake 15 more minutes.

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%)