



Graham Cracker Pudding

READY IN



45 min.

SERVINGS



6

CALORIES



335 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 egg white
- 1 egg yolk
- 2 cups graham cracker crumbs
- 0.7 cup milk
- 0.5 cup raisins
- 0.3 teaspoon salt
- 0.3 cup shortening
- 1 teaspoon vanilla extract

0.3 cup walnuts chopped

0.3 cup sugar white

Equipment

bowl

oven

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease six, 6 ounce, ovenproof custard cups.

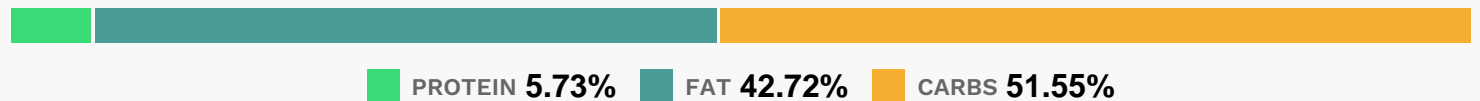
Cream together shortening, sugar and vanilla. Beat in egg yolk. Stir in raisins and nuts. In a separate bowl, combine graham cracker crumbs, baking powder and salt.

Add to batter alternately with milk, stirring until smooth. Whip egg white until stiff. Fold into batter.

Pour into prepared custard cups.

Bake in preheated oven 25 to 30 minutes, until set.

Nutrition Facts



Properties

Glycemic Index:58.82, Glycemic Load:28.65, Inflammation Score:-2, Nutrition Score:6.1382608983828%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 335.46kcal (16.77%), Fat: 16.29g (25.07%), Saturated Fat: 3.68g (23.02%), Carbohydrates: 44.23g (14.74%), Net Carbohydrates: 42.13g (15.32%), Sugar: 19.1g (21.22%), Cholesterol: 35.65mg (11.88%), Sodium: 376.12mg (16.35%), Alcohol: 0.23g (100%), Alcohol %: 0.29% (100%), Protein: 4.91g (9.83%), Phosphorus: 136.97mg (13.7%), Calcium: 107.35mg (10.74%), Vitamin B2: 0.17mg (10.26%), Manganese: 0.2mg (10.21%), Iron: 1.78mg (9.91%), Fiber: 2.1g (8.41%), Magnesium: 32.06mg (8.02%), Vitamin B1: 0.12mg (7.76%), Vitamin B3: 1.28mg (6.42%), Potassium: 224.2mg (6.41%), Copper: 0.13mg (6.38%), Zinc: 0.9mg (6%), Folate: 22.6µg (5.65%), Vitamin B6: 0.1mg (5.22%), Selenium: 3.57µg (5.11%), Vitamin K: 4.78µg (4.55%), Vitamin E: 0.65mg (4.32%), Vitamin B12: 0.21µg (3.49%), Vitamin D: 0.46µg (3.07%), Vitamin B5: 0.29mg (2.92%), Vitamin A: 88.15IU (1.76%)