



Indian Pudding

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



217 kcal

DESSERT

Ingredients

- 0.3 cup butter
- 2 large egg yolk
- 4 cups skim milk fat-free
- 0.3 cup blackstrap molasses
- 1 teaspoon pumpkin pie spice
- 0.5 teaspoon salt
- 0.3 cup sugar
- 9 tablespoons cool whip fat-free frozen thawed

0.8 cup cornmeal yellow

Equipment

frying pan

sauce pan

oven

whisk

wire rack

baking pan

Directions

Preheat oven to 27

Melt butter in a large, heavy saucepan over medium-high heat; cook 2 minutes or until browned.

Add milk to pan; bring to a boil. Gradually add cornmeal, stirring constantly with a whisk. Cook 5 minutes or until mixture thickens, stirring constantly.

Combine sugar and the next 4 ingredients (through egg yolks), stirring well with a whisk. Gradually add half of hot milk mixture to sugar mixture, stirring constantly. Return milk mixture to pan; cook 2 minutes or until sugar dissolves.

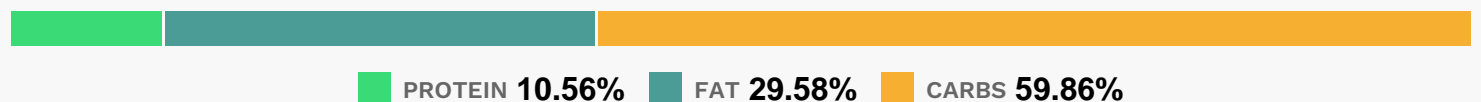
Pour cornmeal mixture into a 9-inch square baking pan coated with cooking spray.

Bake at 275 for 1 hour and 15 minutes or until pudding barely moves when pan is touched. Cool to room temperature on a wire rack. Cover and chill 2 hours.

Cut into 9 squares.

Serve with whipped topping.

Nutrition Facts



Properties

Glycemic Index:29.54, Glycemic Load:16.81, Inflammation Score:-5, Nutrition Score:8.3247825838625%

Nutrients (% of daily need)

Calories: 217.46kcal (10.87%), Fat: 7.27g (11.19%), Saturated Fat: 3.94g (24.62%), Carbohydrates: 33.1g (11.03%), Net Carbohydrates: 31.81g (11.57%), Sugar: 23.18g (25.76%), Cholesterol: 58.34mg (19.45%), Sodium: 224.77mg (9.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.84g (11.68%), Calcium: 183.03mg (18.3%), Phosphorus: 169.76mg (16.98%), Manganese: 0.32mg (15.85%), Magnesium: 58.43mg (14.61%), Vitamin B12: 0.78µg (13.04%), Vitamin B6: 0.24mg (12.24%), Vitamin B2: 0.21mg (12.17%), Potassium: 418.88mg (11.97%), Selenium: 7.57µg (10.82%), Vitamin D: 1.4µg (9.35%), Vitamin A: 442.64IU (8.85%), Vitamin B1: 0.12mg (7.98%), Zinc: 1.05mg (7%), Vitamin B5: 0.69mg (6.88%), Iron: 1.14mg (6.33%), Fiber: 1.3g (5.19%), Copper: 0.1mg (5.02%), Folate: 13.21µg (3.3%), Vitamin B3: 0.6mg (2.98%), Vitamin E: 0.3mg (2.01%)