



Indian Pudding

 Popular

READY IN



155 min.

SERVINGS



8

CALORIES



574 kcal

DESSERT

Ingredients

- ☐ 6 cups milk
- ☐ 0.5 cup butter (1 stick)
- ☐ 0.5 cup cornmeal yellow
- ☐ 0.3 cup flour
- ☐ 1 teaspoon salt
- ☐ 0.5 cup blackstrap molasses
- ☐ 3 eggs beaten
- ☐ 0.3 cup granulated sugar

- ☐ 1 teaspoon cinnamon
- ☐ 1 teaspoon nutmeg
- ☐ 1 cup golden raisins
- ☐ 8 servings whipped cream

Equipment

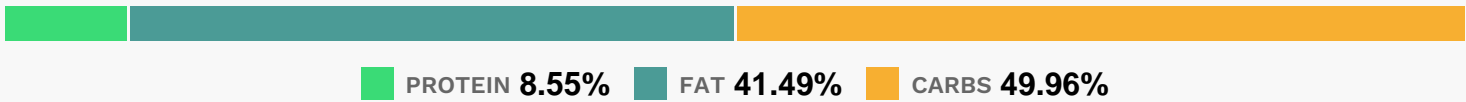
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ double boiler
- ☐ casserole dish
- ☐ stove
- ☐ microwave

Directions

- ☐ Scald the milk and butter: Scald the milk and butter in a large double boiler. Or heat the milk and butter for 5 or 6 minutes on high heat in the microwave, until it is boiling, then transfer it to a pot on the stove. Keep hot on medium heat.
- ☐ Preheat oven to 250°F.
- ☐ Make cornmeal milk base: In a separate bowl, mix cornmeal, flour, and salt; stir in molasses. Thin the mixture with about 1/2 cup of scalded milk, a few tablespoons at a time, then gradually add the mixture back to the large pot of scalded milk. Cook, stirring until thickened.
- ☐ Temper the eggs, combine with milk cornmeal mixture: Temper the eggs by slowly adding a half cup of the hot milk cornmeal mixture to the beaten eggs, whisking constantly.
- ☐ Add the egg mixture back in with the hot milk cornmeal mixture, stir to combine.
- ☐ Add sugar, spices, raisins if using: Stir in the sugar and spices, until smooth. At this point, if the mixture is clumpy, you can run it through a blender to smooth it out. Stir in the raisins (optional).

- ☐
- Pour into a 2 1/2 quart shallow casserole dish.
- ☐
- Bake for 2 hours at 250°F.
- ☐
- Cool for an hour: Allow the pudding to cool about an hour to be at its best. It should be reheated to warm temperature if it has been chilled.
- ☐
- Serve with whipped cream or vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:67.28, Glycemic Load:39.5, Inflammation Score:-7, Nutrition Score:16.750434626704%

Flavonoids

Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 573.95kcal (28.7%), Fat: 27.04g (41.6%), Saturated Fat: 15.9g (99.38%), Carbohydrates: 73.25g (24.42%), Net Carbohydrates: 70.83g (25.76%), Sugar: 57.88g (64.32%), Cholesterol: 142.88mg (47.63%), Sodium: 538.27mg (23.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.53g (25.07%), Calcium: 379.41mg (37.94%), Phosphorus: 344.85mg (34.48%), Vitamin B2: 0.56mg (32.74%), Manganese: 0.54mg (26.88%), Potassium: 913.1mg (26.09%), Magnesium: 102.89mg (25.72%), Vitamin B12: 1.42µg (23.61%), Selenium: 15.73µg (22.47%), Vitamin B6: 0.43mg (21.63%), Vitamin A: 1018.96IU (20.38%), Vitamin D: 2.47µg (16.5%), Vitamin B5: 1.61mg (16.06%), Vitamin B1: 0.21mg (13.89%), Zinc: 1.9mg (12.65%), Iron: 2.18mg (12.13%), Copper: 0.23mg (11.56%), Fiber: 2.41g (9.65%), Vitamin B3: 1.17mg (5.86%), Vitamin E: 0.86mg (5.72%), Folate: 22.76µg (5.69%), Vitamin K: 2.53µg (2.41%), Vitamin C: 0.99mg (1.2%)