



Indian Summer Citrus Pudding with Ginger Snaps and Salted Caramel

READY IN



140 min.

SERVINGS



4

CALORIES



1125 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon blood orange juice
- ☐ 0.5 tablespoon blood orange zest
- ☐ 0.3 cup lightly brown sugar light packed
- ☐ 1 large egg white
- ☐ 2 eggs separated
- ☐ 0.3 cup flour all-purpose
- ☐ 16 round ginger snap cookies
- ☐ 1 tablespoon ruby grapefruit juice

- ☐ 0.5 tablespoon 1/2 tablespoon ruby grapefruit zest
- ☐ 0.3 cup heavy cream
- ☐ 1 pinch a double of kosher salt
- ☐ 2 cups brown sugar light packed
- ☐ 2 tablespoons blackstrap molasses
- ☐ 0.7 cup reduced fat buttermilk
- ☐ 0.3 teaspoon salt
- ☐ 1 pinch salt
- ☐ 0.7 cup caster sugar
- ☐ 0.5 stick butter unsalted
- ☐ 0.5 stick butter unsalted room temperature
- ☐ 1 tablespoon butter unsalted

Equipment

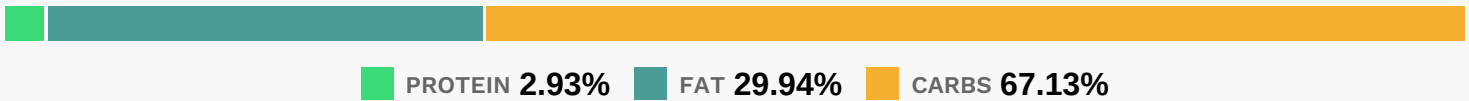
- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ ramekin
- ☐ spatula

Directions

- ☐ Pre-heat oven to 325 degrees F.
- ☐ Butter and lightly sugar 4 ramekins (approximately 6-ounce size). In a mixer, combine yolks, buttermilk, juice and zest and beat until well combined. Reduce the speed to low and slowly add sifted flour, sugar and salt until just combined. Beat egg whites with a whisk attachment until you get stiff peaks then combine the two mixtures by gently folding them together, a little at a time. Divide evenly amongst ramekins then bake in a water bath – set ramekins in a roasting tray and fill with water halfway up the sides of the ramekins.

- ☐ Bake in the oven for 60 minutes until the top springs back when gently pressed and the cakes have a nice light golden color. Allow to cool slightly, then carefully invert onto a plate.
- ☐ Break up cookies into pieces and place in food processor. Pulse until you have a fine crumb, then add butter, salt, molasses, sugar and egg white. Pulse again until you have a smooth batter, then use an off-set spatula to smear out a thin layer on a cookie sheet (if you are not using a non-stick tray, grease it with butter or line with a silpat).
- ☐ Bake in a preheated 350 degree oven for 10 minutes. Allow to cool slightly before removing from the tray to cool on the bench top. Break up into individual sized pieces before serving.

Nutrition Facts



Properties

Glycemic Index:72.27, Glycemic Load:31.29, Inflammation Score:-7, Nutrition Score:13.552608800971%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1125.11kcal (56.26%), Fat: 38.4g (59.08%), Saturated Fat: 22.53g (140.78%), Carbohydrates: 193.72g (64.57%), Net Carbohydrates: 192.61g (70.04%), Sugar: 169.82g (188.69%), Cholesterol: 174.11mg (58.04%), Sodium: 472.16mg (20.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.44g (16.89%), Manganese: 0.73mg (36.63%), Selenium: 17.69µg (25.27%), Vitamin A: 1240.04IU (24.8%), Calcium: 231.14mg (23.11%), Iron: 4.01mg (22.25%), Vitamin B2: 0.38mg (22.18%), Potassium: 566.89mg (16.2%), Magnesium: 62.11mg (15.53%), Phosphorus: 140.86mg (14.09%), Folate: 56.31µg (14.08%), Copper: 0.24mg (11.98%), Vitamin B6: 0.21mg (10.71%), Vitamin B1: 0.16mg (10.41%), Vitamin E: 1.45mg (9.7%), Vitamin B5: 0.96mg (9.56%), Vitamin C: 7.13mg (8.65%), Vitamin B3: 1.72mg (8.6%), Vitamin D: 1.23µg (8.22%), Vitamin B12: 0.38µg (6.28%), Zinc: 0.82mg (5.48%), Fiber: 1.11g (4.46%), Vitamin K: 3.69µg (3.52%)