



Italian-Style Cream "Pudding"

 Gluten Free

READY IN



135 min.

SERVINGS



15

CALORIES



88 kcal

DESSERT

Ingredients

- 1.5 cups half-and-half fat-free divided
- 1 env. Knox gelatine unflavored
- 0.5 cup granular no-calorie sweetener
- 2 cups Polly-O natural part skim ricotta cheese
- 4 tsp strawberry jam sugar-free
- 0.5 tsp vanilla

Equipment

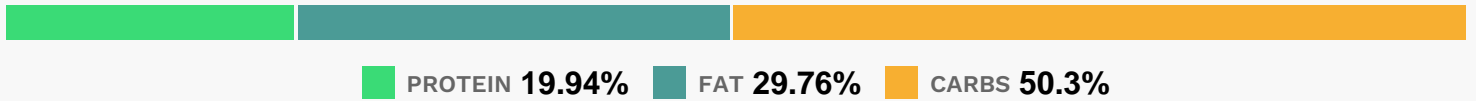
- food processor

- bowl
- sauce pan
- blender
- microwave

Directions

- Sprinkle gelatine over 1/2 cup of the half-and-half in medium saucepan.
- Let stand 5 min. Stir in remaining 1 cup half-and-half, the granular sweetener and vanilla. Cook on low heat until gelatine is completely dissolved, stirring frequently. (Do not boil.)
- Pour gelatine mixture into blender or food processor.
- Add ricotta cheese; cover. Blend until pureed.
- Pour evenly into eight 6-oz. custard cups or souffle dishes. Refrigerate 2 hours or until set.
- Microwave jam in small microwaveable bowl on HIGH 15 sec. just before serving. Spoon 1/2 tsp. of the jam over each dessert. Store leftover desserts in refrigerator.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:3.74, Inflammation Score:-1, Nutrition Score:2.6769565006961%

Nutrients (% of daily need)

Calories: 87.77kcal (4.39%), Fat: 2.95g (4.53%), Saturated Fat: 1.83g (11.42%), Carbohydrates: 11.21g (3.74%), Net Carbohydrates: 11.19g (4.07%), Sugar: 7.56g (8.4%), Cholesterol: 11.43mg (3.81%), Sodium: 65.67mg (2.86%), Alcohol: 0.05g (100%), Alcohol %: 0.09% (100%), Protein: 4.44g (8.89%), Calcium: 113.02mg (11.3%), Phosphorus: 96.54mg (9.65%), Selenium: 6.27µg (8.96%), Vitamin B2: 0.12mg (6.99%), Zinc: 0.64mg (4.24%), Vitamin B12: 0.22µg (3.64%), Vitamin A: 137.12IU (2.74%), Potassium: 91.87mg (2.62%), Magnesium: 8.84mg (2.21%), Vitamin B5: 0.19mg (1.89%), Vitamin B1: 0.02mg (1.37%), Folate: 5.47µg (1.37%), Vitamin B6: 0.02mg (1.08%)