



Lucy's Carrot Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



276 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 2 tablespoons butter
- 1 cup carrots shredded
- 1.5 tablespoons cornstarch
- 1 cup flour all-purpose
- 0.5 cup apples green
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg

- 1.5 tablespoons juice of lemon
- 1 cup potatoes shredded peeled
- 2 cups raisins
- 1 pinch salt
- 1 cup water
- 0.5 cup sugar white

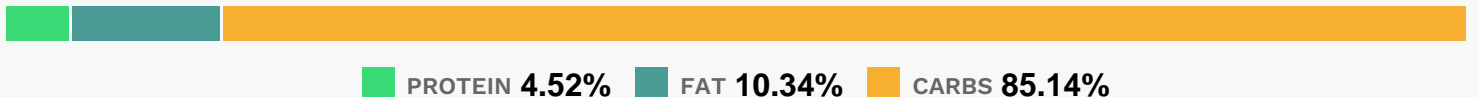
Equipment

- sauce pan
- roasting pan
- aluminum foil

Directions

- Cream 1/2 cup butter or margarine and 1 cup sugar.
- Mix in carrots, potatoes, and raisins. Sift flour, baking soda, salt, and spices together; mix into the creamed mixture. Stir in apples.
- Fill cans 2/3 full with pudding mixture. Cover with foil.
- Place cans in a roasting pan with 2 to 3 inches of water. Steam at 300 degrees F (150 degrees C) for 2 1/2 to 3 hours.
- Stir together 1/2 cup sugar and cornstarch.
- Combine mixture with water in a saucepan. Cook and stir over low heat until thick. Stir in 2 tablespoons butter or margarine and lemon juice.
- Serve warm over pudding.

Nutrition Facts



Properties

Glycemic Index:61.43, Glycemic Load:36.8, Inflammation Score:-9, Nutrition Score:9.3986955871401%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 275.51kcal (13.78%), Fat: 3.34g (5.13%), Saturated Fat: 1.92g (12%), Carbohydrates: 61.81g (20.6%), Net Carbohydrates: 57.55g (20.93%), Sugar: 14.39g (15.99%), Cholesterol: 7.53mg (2.51%), Sodium: 189.11mg (8.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.57%), Vitamin A: 2766.14IU (55.32%), Fiber: 4.27g (17.07%), Manganese: 0.32mg (15.81%), Potassium: 491.18mg (14.03%), Vitamin B1: 0.2mg (13.15%), Vitamin C: 9.53mg (11.55%), Iron: 1.97mg (10.92%), Vitamin B2: 0.17mg (9.82%), Folate: 37.89µg (9.47%), Vitamin B6: 0.18mg (8.98%), Copper: 0.18mg (8.9%), Vitamin B3: 1.78mg (8.88%), Selenium: 5.77µg (8.25%), Phosphorus: 67.04mg (6.7%), Magnesium: 23.5mg (5.88%), Vitamin K: 3.15µg (3%), Calcium: 26.07mg (2.61%), Vitamin B5: 0.22mg (2.19%), Zinc: 0.31mg (2.05%), Vitamin E: 0.22mg (1.49%)