

Maple Syrup Pudding

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



269 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 2 tablespoons butter
- 1 eggs
- 1 cup flour all-purpose
- 0.8 cup maple syrup
- 0.7 cup milk
- 0.3 teaspoon salt
- 3 tablespoons sugar

0.5 teaspoon vanilla extract

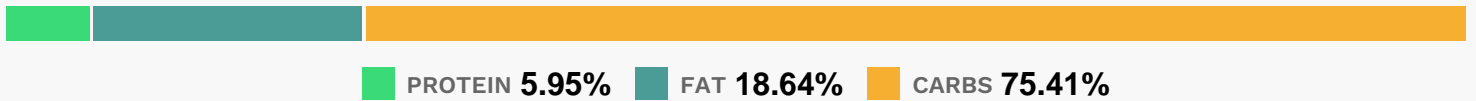
Equipment

- bowl
- frying pan
- oven
- baking pan
- hand mixer

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8x8 inch baking pan.
- In a medium bowl, beat together sugar, butter, egg, and vanilla extract using an electric mixer until soft and creamy, at least 10 minutes.
- Combine the flour, baking powder, and salt; stir into the butter mixture a little at a time, alternating with the maple syrup and milk. Just mix enough to moisten.
- Pour into the prepared pan.
- Bake in a preheated oven for 45 minutes. The maple syrup will sink to the bottom, and the top should be lightly browned.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:60.27, Glycemic Load:26.41, Inflammation Score:-3, Nutrition Score:9.0069565086261%

Nutrients (% of daily need)

Calories: 269.49kcal (13.47%), Fat: 5.57g (8.57%), Saturated Fat: 3.16g (19.78%), Carbohydrates: 50.73g (16.91%), Net Carbohydrates: 50.16g (18.24%), Sugar: 31.54g (35.04%), Cholesterol: 40.57mg (13.52%), Sodium: 293.08mg (12.74%), Alcohol: 0.11g (100%), Alcohol %: 0.13% (100%), Protein: 4.01g (8.01%), Manganese: 1.07mg (53.62%), Vitamin B2: 0.69mg (40.47%), Calcium: 164.07mg (16.41%), Selenium: 9.91µg (14.16%), Vitamin B1: 0.21mg (13.9%), Folate: 41.71µg (10.43%), Phosphorus: 94.76mg (9.48%), Iron: 1.29mg (7.17%), Vitamin B3: 1.3mg (6.5%), Potassium:

165.66mg (4.73%), Magnesium: 17.67mg (4.42%), Zinc: 0.64mg (4.26%), Vitamin A: 200.14IU (4%), Vitamin B12: 0.22µg (3.66%), Vitamin B5: 0.31mg (3.1%), Vitamin D: 0.44µg (2.97%), Fiber: 0.57g (2.26%), Vitamin B6: 0.04mg (1.92%), Copper: 0.04mg (1.82%), Vitamin E: 0.21mg (1.41%)