



Memaw's Pet® Milk Pudding

READY IN



35 min.

SERVINGS



6

CALORIES



279 kcal

DESSERT

Ingredients

- ☐ 3 eggs
- ☐ 1 cup evaporated milk
- ☐ 1 pinch ground cinnamon
- ☐ 0.3 cup butter to taste
- ☐ 0.3 cup self-rising flour
- ☐ 1 teaspoon vanilla extract
- ☐ 0.9 cup water
- ☐ 0.8 cup sugar white

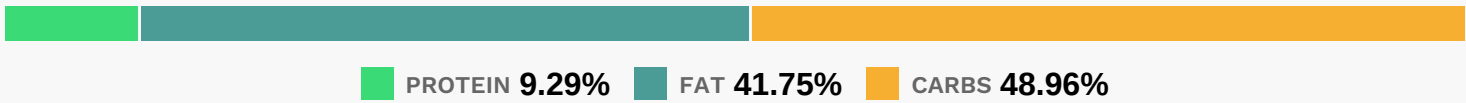
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk the self-rising flour, sugar, eggs, evaporated milk, and water together in a saucepan placed over medium-high heat.
- ☐ Whisk constantly while bringing the mixture to a boil. Reduce heat to medium-low.
- ☐ Whisking constantly, cook the pudding at a simmer until thickened, about 15 to 20 minutes.
- ☐ When the pudding has thickened, stir in the margarine and vanilla extract until thoroughly combined.
- ☐ Remove pudding from heat and set aside for about 10 minutes to cool.
- ☐ Sprinkle pudding with cinnamon, and serve warm.

Nutrition Facts



Properties

Glycemic Index:23.68, Glycemic Load:20.72, Inflammation Score:-4, Nutrition Score:5.2160869253718%

Nutrients (% of daily need)

Calories: 279.49kcal (13.97%), Fat: 13.08g (20.12%), Saturated Fat: 4.21g (26.33%), Carbohydrates: 34.51g (11.5%), Net Carbohydrates: 34.32g (12.48%), Sugar: 29.35g (32.62%), Cholesterol: 94.02mg (31.34%), Sodium: 167.13mg (7.27%), Alcohol: 0.23g (100%), Alcohol %: 0.21% (100%), Protein: 6.55g (13.1%), Selenium: 10.63µg (15.18%), Vitamin B2: 0.25mg (14.49%), Phosphorus: 137.79mg (13.78%), Calcium: 127.51mg (12.75%), Vitamin A: 557.74IU (11.15%), Vitamin B5: 0.64mg (6.44%), Potassium: 170.17mg (4.86%), Vitamin B12: 0.27µg (4.54%), Zinc: 0.67mg (4.49%), Vitamin E: 0.62mg (4.13%), Folate: 16.09µg (4.02%), Magnesium: 15.18mg (3.8%), Manganese: 0.07mg (3.6%), Vitamin D: 0.48µg (3.21%), Vitamin B6: 0.06mg (3.1%), Iron: 0.54mg (3.02%), Vitamin B1: 0.04mg (2.34%), Copper: 0.04mg (2.15%)