



Nanny's Steamed Cranberry Pudding

 Vegetarian

READY IN



140 min.

SERVINGS



8

CALORIES



308 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 0.5 cup brown sugar packed
- 0.5 cup butter
- 2 cups cranberries
- 1 eggs
- 0.3 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 1 teaspoon nutmeg

- 0.5 cup cup heavy whipping cream
- 1 cup milk
- 1 teaspoon vanilla extract
- 0.5 cup granulated sugar white

Equipment

- bowl
- sauce pan
- pot
- hand mixer
- roasting pan
- casserole dish
- aluminum foil

Directions

- In a large bowl, mix together 2 cups flour, baking soda, 1 cup of white sugar, cinnamon, and nutmeg. Stir in the milk, egg, and butter until well blended. Toss the cranberries in the remaining 1/4 cup of flour to coat, then fold them into the batter.
- Pour the batter into a greased round casserole dish with a lid, place the lid on, and then cover again with aluminum foil.
- Place the dish into a large roaster or stock pot, and fill with 3 to 4 inches of water.
- Place the lid on the outer pot, and cover with aluminum foil. Turn the heat to medium-high, and steam for 2 hours.
- Add more water if necessary after the first hour.
- For the sauce, mix together 1/2 cup of white sugar, brown sugar, butter, and heavy cream in a saucepan over medium heat. Cook and stir occasionally until the mixture comes to a full boil. Boil for 1 minute, then remove from heat and stir in the vanilla. Refrigerate until chilled, then beat with an electric mixer until smooth.
- Serve slices of the steamed pudding with the brown sugar sauce, and a dollop of whipped cream.

Nutrition Facts

PROTEIN 3.55% FAT 53.05% CARBS 43.4%

Properties

Glycemic Index:44.14, Glycemic Load:12.43, Inflammation Score:-4, Nutrition Score:4.4969564831775%

Flavonoids

Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 307.93kcal (15.4%), Fat: 18.58g (28.58%), Saturated Fat: 11.53g (72.04%), Carbohydrates: 34.2g (11.4%), Net Carbohydrates: 33.01g (12%), Sugar: 28.96g (32.18%), Cholesterol: 71.43mg (23.81%), Sodium: 256.11mg (11.13%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 2.8g (5.59%), Vitamin A: 668.31IU (13.37%), Manganese: 0.18mg (9.05%), Vitamin B2: 0.13mg (7.49%), Calcium: 70.96mg (7.1%), Selenium: 4.46µg (6.37%), Phosphorus: 61.97mg (6.2%), Vitamin E: 0.88mg (5.85%), Fiber: 1.19g (4.76%), Vitamin D: 0.68µg (4.56%), Vitamin C: 3.61mg (4.37%), Vitamin B12: 0.26µg (4.36%), Vitamin B1: 0.06mg (3.84%), Vitamin B5: 0.36mg (3.62%), Potassium: 116.29mg (3.32%), Folate: 11.35µg (2.84%), Vitamin B6: 0.06mg (2.81%), Vitamin K: 2.92µg (2.78%), Iron: 0.49mg (2.7%), Magnesium: 9.91mg (2.48%), Zinc: 0.31mg (2.07%), Copper: 0.04mg (1.83%), Vitamin B3: 0.33mg (1.66%)