



## Old Fashioned Carrot Pudding

READY IN



260 min.

SERVINGS



12

CALORIES



299 kcal

DESSERT

### Ingredients

- 1 teaspoon baking soda
- 3.5 teaspoons butter
- 1 cup carrots grated
- 1.5 teaspoons cornstarch
- 1.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 1 teaspoon ground nutmeg
- 3.5 teaspoons juice of lemon

- 1 cup raisins
- 1 pinch salt
- 0.5 cup shortening
- 1.5 teaspoons vanilla extract
- 1 cup walnuts chopped
- 1.3 cups water hot
- 0.8 cup sugar white

## Equipment

- bowl
- frying pan
- sauce pan
- aluminum foil
- dutch oven

## Directions

- In a large bowl, cream together the shortening and 1 cup of sugar until light and fluffy.
- Combine the flour, baking soda, salt, cinnamon, nutmeg, and cloves; stir into the creamed mixture until well blended. The mixture will be dry. Stir in the carrots, raisins and chopped walnuts.
- Pour into a well-greased pudding mold or coffee can. Cover the top with aluminum foil.
- Place the pudding mold into a large kettle or Dutch oven filled with 2 inches of water. Cover the pan, and bring to a simmer. Allow the pudding to steam for 4 to 4 1/2 hours over low heat.
- Remove from the mold.
- Serve with warm lemon sauce.
- To make the lemon sauce, mix together 3/4 cup of sugar, cornstarch and salt in a saucepan. Stir in hot water, butter, lemon juice and vanilla. Cook over medium heat until thickened.
- Serve warm over the pudding.

## Nutrition Facts



■ PROTEIN 4.57% ■ FAT 47.79% ■ CARBS 47.64%

## Properties

Glycemic Index:32.98, Glycemic Load:22.96, Inflammation Score:-8, Nutrition Score:7.9295651203264%

## Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 299.1kcal (14.95%), Fat: 16.44g (25.3%), Saturated Fat: 3.58g (22.37%), Carbohydrates: 36.88g (12.29%), Net Carbohydrates: 34.52g (12.55%), Sugar: 13.43g (14.92%), Cholesterol: 3.14mg (1.05%), Sodium: 117.11mg (5.09%), Alcohol: 0.17g (100%), Alcohol %: 0.22% (100%), Protein: 3.54g (7.08%), Vitamin A: 1821.25IU (36.42%), Manganese: 0.57mg (28.65%), Vitamin B1: 0.18mg (11.96%), Copper: 0.23mg (11.35%), Folate: 41.03µg (10.26%), Fiber: 2.35g (9.41%), Selenium: 5.97µg (8.53%), Iron: 1.4mg (7.77%), Vitamin B2: 0.12mg (7.29%), Phosphorus: 64.48mg (6.45%), Vitamin B3: 1.28mg (6.4%), Vitamin K: 6.53µg (6.22%), Magnesium: 24.8mg (6.2%), Potassium: 198.54mg (5.67%), Vitamin B6: 0.1mg (4.92%), Vitamin E: 0.72mg (4.79%), Zinc: 0.47mg (3.15%), Vitamin C: 1.98mg (2.41%), Calcium: 22.75mg (2.28%), Vitamin B5: 0.22mg (2.21%)