



Orange Tangerine Pudding



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



188 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 2 cups tangerine juice store-bought (not from concentrate)
- ☐ 1 teaspoon orange zest fresh finely grated
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons butter unsalted

Equipment

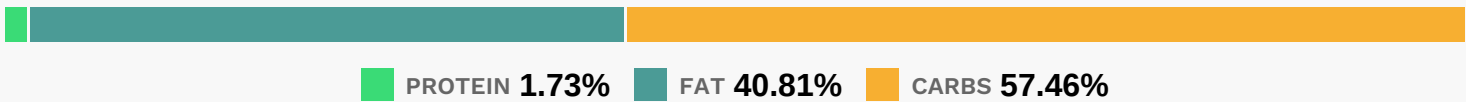
- ☐ bowl

- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk together cornstarch, 1/2 cup sugar, and a pinch of salt in a 1 1/2-quart heavy saucepan, then whisk in juice until smooth. Bring to a boil over moderate heat, whisking constantly, then boil, whisking constantly, until thickened, 2 to 3 minutes.
- ☐ Remove from heat and whisk in butter and zest, then transfer pudding to a metal bowl. Set bowl into a larger bowl of ice and cold water and stir frequently until cold, about 10 minutes. Spoon into glasses on a baking sheet and chill, covered, 10 minutes.
- ☐ Beat cream with remaining 2 teaspoons sugar until it holds soft peaks.
- ☐ Serve puddings topped with cream.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:11.64, Inflammation Score:-4, Nutrition Score:3.2378260648769%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 14.09mg, Hesperetin: 14.09mg, Hesperetin: 14.09mg, Hesperetin: 14.09mg Naringenin: 1.13mg, Naringenin: 1.13mg, Naringenin: 1.13mg, Naringenin: 1.13mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 188.47kcal (9.42%), Fat: 8.78g (13.51%), Saturated Fat: 5.46g (34.11%), Carbohydrates: 27.81g (9.27%), Net Carbohydrates: 27.59g (10.03%), Sugar: 25.17g (27.97%), Cholesterol: 24.97mg (8.32%), Sodium: 5.32mg (0.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Vitamin C: 24.74mg (29.99%), Vitamin A: 520.69IU (10.41%), Potassium: 161.35mg (4.61%), Vitamin B1: 0.05mg (3.35%), Vitamin B2: 0.05mg (2.73%), Calcium: 25.42mg (2.54%), Vitamin E: 0.34mg (2.25%), Phosphorus: 20.73mg (2.07%), Vitamin B6: 0.04mg (2%), Magnesium: 7.76mg (1.94%), Vitamin D: 0.28µg (1.88%), Manganese: 0.03mg (1.64%), Vitamin B5: 0.14mg (1.43%), Copper: 0.03mg (1.28%), Folate: 4.89µg (1.22%), Iron: 0.2mg (1.12%), Selenium: 0.7µg (1.01%)