



Plum and Berry Summer Puddings



Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



227 kcal

DESSERT

Ingredients

- ☐ 1.3 cups blueberries
- ☐ 12.5 inch egg bread loaf – crusts
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 12 ounces plums red pitted halved cut into 6 slices (3 large)
- ☐ 5.3 cups raspberries
- ☐ 0.8 cup sugar
- ☐ 6 servings garnish: whipped cream sweetened

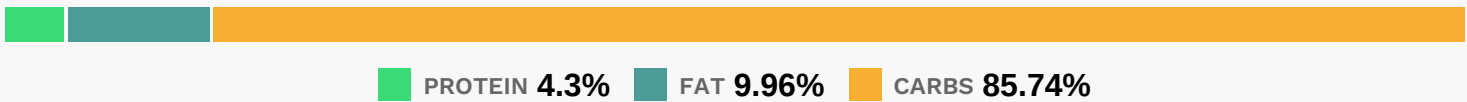
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ plastic wrap
- ☐ cookie cutter

Directions

- ☐ Line six 3/4-cup custard cups with plastic wrap, leaving 3-inch overhang on all sides. Using 3-inch cookie cutter, cut out 1 round from each bread slice; reserve.
- ☐ Combine plums and sugar in heavy medium saucepan. Stir over medium-low heat until sugar dissolves and syrup forms. Simmer until plums are tender and translucent, stirring often, about 5 minutes.
- ☐ Add all berries; simmer until berries release their juices, stirring occasionally, about 5 minutes. Stir in lemon juice. Cool to room temperature.
- ☐ Arrange 2 cooked plum slices in bottom of each custard cup. Top plums in each with 2 tablespoons fruit mixture with juices, then 1 bread round. Top each with remaining fruit mixture with juices, dividing equally.
- ☐ Place 1 bread round atop each; press into fruit mixture to compact. Cover puddings tightly with plastic-wrap overhang.
- ☐ Place custard cups on baking sheet. Top cups with another baking sheet.
- ☐ Place several food cans on top baking sheet to weigh down. Chill overnight. (Can be made 2 days ahead. Keep chilled.).
- ☐ Unfold plastic wrap from top of custard cups. Invert puddings onto plates.
- ☐ Remove plastic wrap. Spoon whipped cream alongside and serve.

Nutrition Facts



Properties

Glycemic Index:38.29, Glycemic Load:23.15, Inflammation Score:-6, Nutrition Score:10.428260914657%

Flavonoids

Cyanidin: 54.8mg, Cyanidin: 54.8mg, Cyanidin: 54.8mg, Cyanidin: 54.8mg Petunidin: 10.7mg, Petunidin: 10.7mg, Petunidin: 10.7mg, Petunidin: 10.7mg Delphinidin: 13.06mg, Delphinidin: 13.06mg, Delphinidin: 13.06mg, Delphinidin: 13.06mg Malvidin: 22.37mg, Malvidin: 22.37mg, Malvidin: 22.37mg, Malvidin: 22.37mg Pelargonidin: 1.05mg, Pelargonidin: 1.05mg, Pelargonidin: 1.05mg, Pelargonidin: 1.05mg Peonidin: 6.98mg, Peonidin: 6.98mg, Peonidin: 6.98mg, Peonidin: 6.98mg Catechin: 4.78mg, Catechin: 4.78mg, Catechin: 4.78mg, Catechin: 4.78mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 5.77mg, Epicatechin: 5.77mg, Epicatechin: 5.77mg, Epicatechin: 5.77mg Epicatechin 3–gallate: 0.43mg, Epicatechin 3–gallate: 0.43mg, Epicatechin 3–gallate: 0.43mg, Epicatechin 3–gallate: 0.43mg Epigallocatechin 3–gallate: 0.8mg, Epigallocatechin 3–gallate: 0.8mg, Epigallocatechin 3–gallate: 0.8mg, Epigallocatechin 3–gallate: 0.8mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 227.34kcal (11.37%), Fat: 2.69g (4.14%), Saturated Fat: 0.95g (5.96%), Carbohydrates: 52.16g (17.39%), Net Carbohydrates: 43.52g (15.83%), Sugar: 39.16g (43.51%), Cholesterol: 7.26mg (2.42%), Sodium: 22.24mg (0.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.24%), Vitamin C: 36.85mg (44.66%), Manganese: 0.88mg (44.11%), Fiber: 8.64g (34.56%), Vitamin K: 18.46µg (17.58%), Vitamin E: 1.32mg (8.78%), Potassium: 291.67mg (8.33%), Folate: 33.11µg (8.28%), Copper: 0.16mg (7.91%), Magnesium: 31.12mg (7.78%), Vitamin B3: 1.27mg (6.37%), Iron: 1.1mg (6.12%), Vitamin A: 300.89IU (6.02%), Vitamin B2: 0.1mg (5.92%), Vitamin B1: 0.09mg (5.85%), Phosphorus: 54.97mg (5.5%), Vitamin B5: 0.5mg (5.03%), Vitamin B6: 0.1mg (4.92%), Calcium: 43.32mg (4.33%), Zinc: 0.62mg (4.16%), Selenium: 2.07µg (2.96%)