



Plum and Berry Summer Puddings

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



212 kcal

DESSERT

Ingredients

- 1.3 cups blueberries
- 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

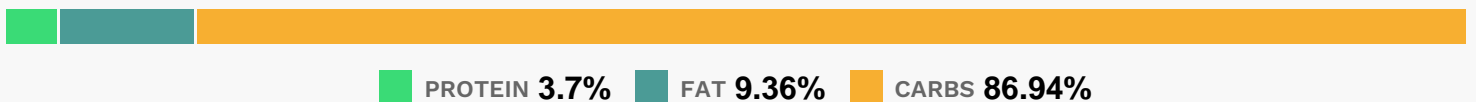
- baking sheet

- 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:9.8347827610762%

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:

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Nutrients (% of daily need)

Calories: 212.15kcal (10.61%), Fat: 2.38g (3.66%), Saturated Fat: 0.87g (5.43%), Carbohydrates: 49.63g (16.54%), Net Carbohydrates: 41.11g (14.95%), Sugar: 39.07g (43.41%), Cholesterol: 4.56mg (1.52%), Sodium: 2.13mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.23%), Vitamin C: 36.85mg (44.66%), Manganese: 0.86mg (42.79%), Fiber: 8.52g (34.08%), Vitamin K: 18.41µg (17.53%), Vitamin E: 1.3mg (8.68%), Potassium: 285.59mg (8.16%), Magnesium: 30.12mg (7.53%), Copper: 0.15mg (7.48%), Folate: 27.56µg (6.89%), Vitamin A: 289.72IU (5.79%), Iron: 0.94mg (5.23%), Vitamin B3: 1.02mg (5.08%), Phosphorus: 49.36mg (4.94%), Vitamin B5: 0.49mg (4.88%), Vitamin B6: 0.1mg (4.75%), Vitamin B2: 0.08mg (4.56%), Vitamin B1: 0.06mg (4.31%), Zinc: 0.58mg (3.88%), Calcium: 38.4mg (3.84%)