

Plum Pudding

READY IN



50 min.

SERVINGS



2

CALORIES



1075 kcal

DESSERT

Ingredients

- ☐ 2.3 cups baking mix all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 3 tablespoons butter melted
- ☐ 0.7 cup milk
- ☐ 12 plums pitted halved
- ☐ 2 tablespoons .3 oz. of pearl tapioca
- ☐ 0.5 cup water
- ☐ 3 tablespoons sugar white

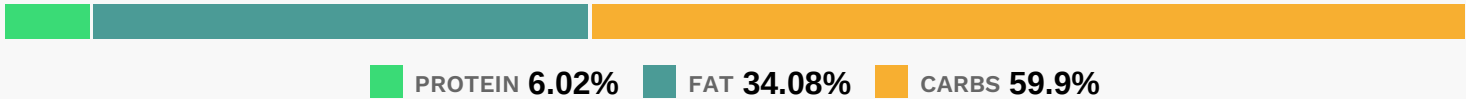
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a 2 quart baking dish, stir together plums, 1 cup sugar, water, tapioca and cinnamon.
- ☐ Bake in preheated oven for 25 minutes. (Or 15 minutes in microwave.)
- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ In a medium bowl, stir together baking mix, 3 tablespoons sugar, milk and melted margarine to form a shortcake dough. Drop dough by spoonfuls onto baked plum mixture.
- ☐ Bake in preheated oven 10 minutes, until golden brown.
- ☐ Let cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:114.71, Glycemic Load:37.85, Inflammation Score:-9, Nutrition Score:31.232608421989%

Flavonoids

Cyanidin: 22.29mg, Cyanidin: 22.29mg, Cyanidin: 22.29mg, Cyanidin: 22.29mg Peonidin: 1.23mg, Peonidin: 1.23mg, Peonidin: 1.23mg, Peonidin: 1.23mg Catechin: 11.44mg, Catechin: 11.44mg, Catechin: 11.44mg, Catechin: 11.44mg Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg Epicatechin: 12.67mg, Epicatechin: 12.67mg, Epicatechin: 12.67mg, Epicatechin: 12.67mg Epicatechin 3-gallate: 3.01mg, Epicatechin 3-gallate: 3.01mg, Epicatechin 3-gallate: 3.01mg, Epicatechin 3-gallate: 3.01mg Epigallocatechin 3-gallate: 1.58mg, Epigallocatechin 3-gallate: 1.58mg, Epigallocatechin 3-gallate: 1.58mg, Epigallocatechin 3-gallate: 1.58mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg Gallocatechin: 0.36mg, Gallocatechin: 0.36mg, Gallocatechin: 0.36mg, Gallocatechin: 0.36mg

Nutrients (% of daily need)

Calories: 1075.04kcal (53.75%), Fat: 41.47g (63.8%), Saturated Fat: 10.44g (65.26%), Carbohydrates: 164g (54.67%), Net Carbohydrates: 155.25g (56.45%), Sugar: 77.32g (85.91%), Cholesterol: 12.46mg (4.15%), Sodium: 1954.85mg (84.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.47g (32.94%), Phosphorus: 941.28mg (94.13%), Vitamin B1: 0.94mg (62.36%), Vitamin B2: 0.82mg (48.03%), Folate: 189.29µg (47.32%), Vitamin C: 38.09mg (46.16%), Vitamin A: 2256IU (45.12%), Vitamin B3: 7.88mg (39.4%), Manganese: 0.77mg (38.5%), Calcium: 381.21mg (38.12%), Fiber: 8.76g (35.03%), Vitamin K: 34.52µg (32.88%), Potassium: 976.48mg (27.9%), Iron: 4.66mg (25.89%), Copper: 0.45mg (22.47%), Vitamin B5: 2.07mg (20.68%), Magnesium: 72.88mg (18.22%), Selenium: 11.89µg (16.99%), Vitamin B12: 0.99µg (16.45%), Vitamin B6: 0.27mg (13.54%), Vitamin E: 1.91mg (12.72%), Zinc: 1.57mg (10.48%), Vitamin D: 0.89µg (5.96%)