



Plum Pudding Sauce

READY IN



25 min.

SERVINGS



4

CALORIES



290 kcal

DESSERT

Ingredients

- ☐ 1 eggs
- ☐ 2 teaspoons flour all-purpose
- ☐ 2 tablespoons butter
- ☐ 2 cups milk
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup sugar white

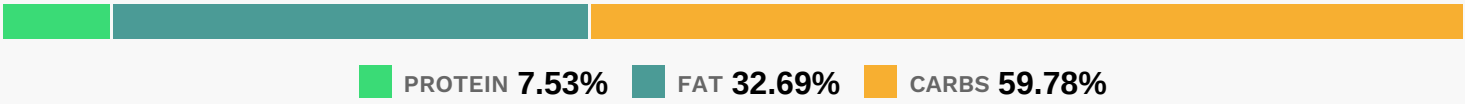
Equipment

- ☐ sauce pan

Directions

- ☐ In a small saucepan over medium heat combine margarine, sugar and the egg.
- ☐ Pour in milk and cook until mixture begins to bubble; be careful not to scald. Stir in flour and vanilla; mix well and serve.

Nutrition Facts



Properties

Glycemic Index:45.77, Glycemic Load:28.9, Inflammation Score:-3, Nutrition Score:5.4995651609548%

Nutrients (% of daily need)

Calories: 290.15kcal (14.51%), Fat: 10.72g (16.49%), Saturated Fat: 3.78g (23.65%), Carbohydrates: 44.08g (14.69%), Net Carbohydrates: 44.05g (16.02%), Sugar: 43.46g (48.29%), Cholesterol: 55.56mg (18.52%), Sodium: 128.48mg (5.59%), Alcohol: 0.34g (100%), Alcohol %: 0.24% (100%), Protein: 5.55g (11.11%), Calcium: 158.96mg (15.9%), Phosphorus: 147.75mg (14.77%), Vitamin B2: 0.23mg (13.78%), Vitamin B12: 0.76µg (12.73%), Vitamin D: 1.56µg (10.41%), Vitamin A: 507.43IU (10.15%), Selenium: 6.26µg (8.94%), Vitamin B5: 0.63mg (6.34%), Potassium: 204.42mg (5.84%), Vitamin B1: 0.08mg (5.43%), Vitamin B6: 0.09mg (4.72%), Zinc: 0.65mg (4.36%), Magnesium: 16.51mg (4.13%), Vitamin E: 0.39mg (2.63%), Folate: 7.07µg (1.77%), Iron: 0.26mg (1.44%), Vitamin B3: 0.2mg (1.01%)