



Pumpkin Pudding with Candied Pecans

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



241 kcal

DESSERT

Ingredients

- 15 ounce pumpkin puree canned
- 0.1 teaspoon ground cardamom
- 1 teaspoon ground cinnamon
- 0.3 cup maple syrup
- 0.1 teaspoon grating nutmeg whole grated
- 0.5 cup pecans
- 0.1 teaspoon salt
- 1 Dash salt

- 6 ounces silken tofu firm
- 2 tablespoons sugar
- 6 tablespoons condensed milk fat-free sweetened
- 1 teaspoon vanilla extract
- 1 cup cool whip fat-free frozen thawed
- 6 tablespoons cool whip fat-free frozen thawed

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- blender

Directions

- To prepare pudding, place tofu on several layers of heavy-duty paper towels. Cover tofu with additional paper towels; let stand 10 minutes.
- Combine tofu, condensed milk, syrup, and vanilla extract in a blender, and process until smooth.
- Add cinnamon and next 4 ingredients (cinnamon through pumpkin); process until smooth.
- Pour the pumpkin mixture into a large bowl, and fold in 1 cup whipped topping. Cover and chill at least 8 hours or overnight.
- To prepare pecans, heat a medium nonstick skillet over medium heat.
- Add pecans, sugar, and 1/8 teaspoon salt. Cook 3 minutes or until sugar melts and coats pecans, shaking pan to evenly coat.
- Pour pecans onto a parchment-lined baking sheet.
- Let cool; coarsely chop.
- To assemble desserts, spoon 2/3 cup pudding into each of 6 (6-ounce) custard cups; top each serving with 1 tablespoon whipped topping.
- Sprinkle about 1 1/2 tablespoons pecans over each serving.

Nutrition Facts

PROTEIN 7.99% FAT 34.19% CARBS 57.82%

Properties

Glycemic Index:42.93, Glycemic Load:12.78, Inflammation Score:-10, Nutrition Score:13.665652100159%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg

Nutrients (% of daily need)

Calories: 240.94kcal (12.05%), Fat: 9.53g (14.66%), Saturated Fat: 2.31g (14.45%), Carbohydrates: 36.26g (12.09%), Net Carbohydrates: 33.12g (12.04%), Sugar: 28.77g (31.97%), Cholesterol: 9.52mg (3.17%), Sodium: 98.86mg (4.3%), Alcohol: 0.23g (100%), Alcohol %: 0.18% (100%), Protein: 5.01g (10.02%), Vitamin A: 11118.89IU (222.38%), Manganese: 0.86mg (42.98%), Vitamin B2: 0.42mg (24.75%), Phosphorus: 127.81mg (12.78%), Calcium: 126.5mg (12.65%), Fiber: 3.14g (12.56%), Copper: 0.24mg (12.11%), Vitamin K: 11.9µg (11.34%), Magnesium: 44.34mg (11.08%), Potassium: 356.73mg (10.19%), Vitamin B1: 0.15mg (10.15%), Iron: 1.52mg (8.46%), Zinc: 0.99mg (6.58%), Vitamin E: 0.92mg (6.15%), Selenium: 4.1µg (5.86%), Vitamin B12: 0.34µg (5.66%), Vitamin B5: 0.51mg (5.06%), Vitamin B6: 0.09mg (4.61%), Vitamin C: 3.61mg (4.38%), Folate: 15.46µg (3.87%), Vitamin B3: 0.56mg (2.82%)