



Red-Fruit Puddings

 Gluten Free

READY IN



240 min.

SERVINGS



12

CALORIES



191 kcal

DESSERT

Ingredients

- 0.5 ounces gelatin powder unflavored
- 2 cups sauce wild (from two 14-ounces jars)
- 12 servings accompaniment: lightly whipped cream sweetened
- 1 cup pomegranate juice
- 36 ounces raspberries unsweetened frozen thawed
- 0.5 cup sugar

Equipment

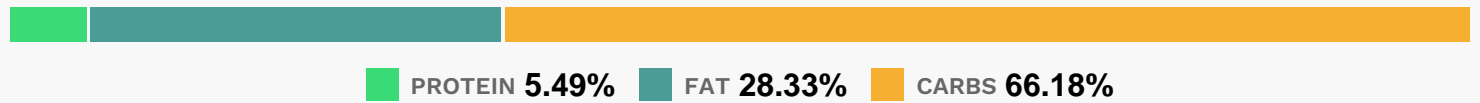
- food processor

- bowl
- sauce pan
- sieve

Directions

- Puré raspberries with their juices in a food processor, then force through a fine-mesh sieve into a bowl, discarding solids.
- Sprinkle gelatin over pomegranate juice in a medium saucepan and let stand 1 minute to soften. Cook over low heat, stirring, until gelatin has dissolved. Stir in lingonberry sauce and sugar. Cook, stirring, until sugar has dissolved and sauce has melted. Stir into berry purée.
- Quick-chill in an ice bath, stirring occasionally, until mixture begins to mound, about 30 minutes.
- Pour into dishes or glasses and chill until set, at least 3 hours.
- Puddings can be chilled up to 3 days.

Nutrition Facts



Properties

Glycemic Index:8.01, Glycemic Load:7.01, Inflammation Score:-4, Nutrition Score:6.3243478018305%

Flavonoids

Cyanidin: 39.42mg, Cyanidin: 39.42mg, Cyanidin: 39.42mg, Cyanidin: 39.42mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 1.29mg, Delphinidin: 1.29mg, Delphinidin: 1.29mg, Delphinidin: 1.29mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.85mg, Pelargonidin: 0.85mg, Pelargonidin: 0.85mg, Pelargonidin: 0.85mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 2.99mg, Epicatechin: 2.99mg, Epicatechin: 2.99mg, Epicatechin: 2.99mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 191.33kcal (9.57%), Fat: 6.23g (9.59%), Saturated Fat: 3.48g (21.77%), Carbohydrates: 32.75g (10.92%), Net Carbohydrates: 27.2g (9.89%), Sugar: 24.88g (27.64%), Cholesterol: 20.55mg (6.85%), Sodium: 483.99mg (21.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.44%), Manganese: 0.59mg (29.56%), Vitamin C: 22.39mg (27.14%), Fiber: 5.55g (22.2%), Vitamin K: 8.79µg (8.37%), Folate: 23.19µg (5.8%), Vitamin E: 0.82mg (5.46%), Copper: 0.11mg (5.35%), Magnesium: 20.42mg (5.11%), Potassium: 173.18mg (4.95%), Vitamin A: 245.57IU (4.91%), Calcium: 34.78mg (3.48%), Iron: 0.62mg (3.47%), Vitamin B5: 0.34mg (3.4%), Vitamin B3: 0.56mg (2.79%), Vitamin B6: 0.06mg (2.76%), Phosphorus: 27.41mg (2.74%), Zinc: 0.38mg (2.52%), Vitamin B2: 0.04mg (2.34%), Vitamin B1: 0.03mg (2.04%), Selenium: 0.75µg (1.07%)