



Ricotta and Vanilla Bean Puddings



Vegetarian



Gluten Free

READY IN



227 min.

SERVINGS



10

CALORIES



285 kcal

DESSERT

Ingredients

- ☐ 10 servings butter for greasing the muffin cups
- ☐ 2 cups cranberries fresh frozen thawed
- ☐ 3 eggs at room temperature
- ☐ 0.3 cup heavy cream
- ☐ 0.3 cup maple syrup
- ☐ 0.5 cup mascarpone cheese at room temperature
- ☐ 1 large orange zest juiced
- ☐ 0.1 teaspoon sea salt fine

- ☐ 15 ounce milk ricotta cheese whole at room temperature
- ☐ 0.5 cup sugar as needed
- ☐ 3 tablespoons sugar
- ☐ 1 vanilla pod
- ☐ 0.5 cup water

Equipment

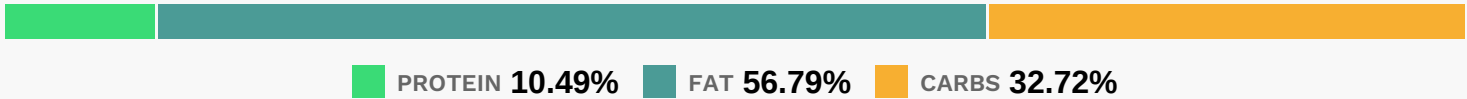
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ spatula
- ☐ muffin liners

Directions

- ☐ For the puddings: Arrange an oven rack in the center of the oven and preheat the oven to 350 degrees F.
- ☐ Butter 10 nonstick muffin cups and line the bottom of each cup with a disk of parchment paper. Set aside.
- ☐ In a blender, combine the ricotta cheese, mascarpone cheese, eggs, heavy cream, maple syrup, sugar, and salt. Using a paring knife, split the vanilla bean in half and scrape the seeds into the blender. (Reserve the seeded vanilla pod for the sauce.) Blend the mixture until smooth.
- ☐ Pour the batter into the prepared muffin cups.
- ☐ Bake for 35 to 40 minutes until puffed and lightly browned.
- ☐ Remove the muffin cups from the oven to a wire rack and cool for 30 minutes (puddings will deflate during cooling). Refrigerate the puddings, in the muffin cups, for 2 hours. Using a thin, flexible spatula, carefully remove the puddings from the muffin cups and discard the parchment paper from the bottom of the puddings.

- ☐
- For the sauce: In a medium saucepan, combine the reserved vanilla pod, cranberries, water, orange juice, orange zest and 1/2 cup sugar over medium heat. Bring the mixture to a boil, stirring occasionally. Reduce the heat and gently simmer until the mixture has thickened and the liquid has reduced by half, about 30 to 35 minutes. Cool for 20 minutes.
- ☐
- Remove the vanilla pod and sweeten with extra sugar, to taste, if necessary.
- ☐
- To serve: Arrange the puddings on small dessert plates and spoon the sauce over the top.

Nutrition Facts



Properties

Glycemic Index:29.87, Glycemic Load:12.58, Inflammation Score:-4, Nutrition Score:5.6056521405344%

Flavonoids

Cyanidin: 9.29mg, Cyanidin: 9.29mg, Cyanidin: 9.29mg, Cyanidin: 9.29mg Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 9.83mg, Peonidin: 9.83mg, Peonidin: 9.83mg, Peonidin: 9.83mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 285.21kcal (14.26%), Fat: 18.19g (27.98%), Saturated Fat: 11.03g (68.94%), Carbohydrates: 23.58g (7.86%), Net Carbohydrates: 22.73g (8.27%), Sugar: 19.59g (21.77%), Cholesterol: 99.51mg (33.17%), Sodium: 125.36mg (5.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.56g (15.12%), Vitamin B2: 0.27mg (15.65%), Selenium: 10.56µg (15.09%), Manganese: 0.26mg (13.2%), Vitamin A: 647.47IU (12.95%), Calcium: 129.11mg (12.91%), Phosphorus: 100.43mg (10.04%), Vitamin C: 4.47mg (5.42%), Zinc: 0.76mg (5.08%), Vitamin B12: 0.28µg (4.67%), Vitamin E: 0.62mg (4.15%), Vitamin B5: 0.38mg (3.78%), Fiber: 0.85g (3.39%), Folate: 12.25µg (3.06%), Potassium: 106.65mg (3.05%), Vitamin D: 0.44µg (2.96%), Vitamin B6: 0.06mg (2.82%), Iron: 0.47mg (2.62%), Magnesium: 10.05mg (2.51%), Vitamin K: 2.05µg (1.95%), Copper: 0.03mg (1.71%), Vitamin B1: 0.02mg (1.43%)