



Ricotta Puddings with Glazed Rhubarb



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



135 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon cornstarch
- ☐ 1 large egg plus 1 yolk whole
- ☐ 2 tablespoons heavy cream
- ☐ 2 tablespoons mild honey
- ☐ 0.5 teaspoon lemon zest fresh finely grated
- ☐ 0.5 lb rhubarb stalks fresh (2)
- ☐ 0.1 teaspoon salt
- ☐ 8.8 oz whole-milk ricotta

- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 3.5 tablespoons sugar

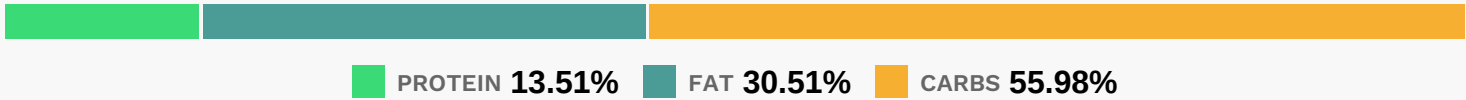
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Put oven rack in middle position and preheat oven to 325°F. Lightly oil muffin cups.
- ☐ Blend together all pudding ingredients in a blender until smooth, then divide batter among muffin cups.
- ☐ Stir together sugar and cornstarch in a 9- to 10-inch glass or ceramic pie plate.
- ☐ Add rhubarb and toss to coat, then spread in one layer.
- ☐ Bake puddings and rhubarb, side by side, carefully turning rhubarb over once halfway through cooking, until puddings are just set and edges are pale golden, 35 to 45 minutes.
- ☐ Remove puddings and rhubarb from oven at the same time. Set rhubarb aside and cool puddings in muffin pan on a rack 5 minutes (puddings will sink slightly).
- ☐ Run a thin knife around edge of each pudding, then invert a platter over pan and invert puddings onto platter.
- ☐ Transfer puddings, right side up, to plates and serve topped with rhubarb and its juices.

Nutrition Facts



Properties

Glycemic Index:22.56, Glycemic Load:8.03, Inflammation Score:-1, Nutrition Score:2.9204347729683%

Flavonoids

Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epicatechin 3–gallate: 0.23mg, Epicatechin 3–gallate: 0.23mg, Epicatechin 3–gallate: 0.23mg, Epicatechin 3–gallate: 0.23mg

Nutrients (% of daily need)

Calories: 135.05kcal (6.75%), Fat: 4.51g (6.94%), Saturated Fat: 2.41g (15.05%), Carbohydrates: 18.63g (6.21%), Net Carbohydrates: 17.92g (6.51%), Sugar: 14.97g (16.63%), Cholesterol: 48.52mg (16.17%), Sodium: 99.43mg (4.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.5g (9%), Calcium: 116.04mg (11.6%), Vitamin K: 11.4µg (10.86%), Vitamin A: 212.7IU (4.25%), Manganese: 0.08mg (4.14%), Vitamin C: 3.39mg (4.11%), Potassium: 132.74mg (3.79%), Selenium: 2.61µg (3.73%), Vitamin B2: 0.06mg (3.29%), Fiber: 0.71g (2.85%), Phosphorus: 26.85mg (2.68%), Folate: 7.72µg (1.93%), Vitamin E: 0.26mg (1.72%), Vitamin B5: 0.17mg (1.67%), Vitamin D: 0.23µg (1.55%), Magnesium: 6.16mg (1.54%), Vitamin B12: 0.08µg (1.39%), Vitamin B6: 0.03mg (1.33%), Iron: 0.21mg (1.15%), Zinc: 0.16mg (1.09%), Vitamin B1: 0.02mg (1.04%)