



Robb Walsh's Indian Pudding

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



483 kcal

DESSERT

Ingredients

- 0.5 cup cornmeal yellow
- 0.7 cup blackstrap molasses
- 3 eggs
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon mace
- 3 cups milk
- 0.5 teaspoon ground ginger
- 0.7 cup raisins chopped

- 0.5 teaspoon salt
- 2 tablespoons butter unsalted at room temperature
- 6 servings whipped cream for serving

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- baking pan
- slow cooker

Directions

- You can cook this pudding in a slow cooker or in the oven. If you will be using a slow cooker, lightly spray a medium-size slow cooker insert with nonstick cooking spray. If you will be baking the pudding, preheat the oven to 300°F, and grease a 1 1/2-quart baking dish with butter.
- In a bowl, whisk the eggs until blended, then stir in the molasses, butter, and all of the spices. Set aside.
- In a saucepan, scald the milk over medium-high heat (small bubbles appear along the edge of the pan).
- Add the cornmeal and salt, stir well, and immediately decrease the heat to low. Cook, stirring constantly, for 10 minutes, until the mixture thickens.
- Remove the pan from the heat. Gradually add the egg mixture to the hot cornmeal mixture while stirring constantly, then continue to whisk until smooth. Stir in the raisins.
- If using the slow cooker, pour the batter into the prepared cooker, cover, and cook on the high setting for 3 hours or on the low setting for 6 hours or more, until the pudding has set. If using the oven, pour the batter into the prepared baking dish, place in the oven, and bake for 45 minutes, until the pudding has set.
- Serve the pudding warm with whipped cream or ice cream.

Nutrition Facts

PROTEIN 8.81% FAT 32.81% CARBS 58.38%

Properties

Glycemic Index:45.88, Glycemic Load:36.25, Inflammation Score:-7, Nutrition Score:17.072608584943%

Nutrients (% of daily need)

Calories: 483.26kcal (24.16%), Fat: 17.98g (27.66%), Saturated Fat: 10.02g (62.64%), Carbohydrates: 72g (24%), Net Carbohydrates: 69.07g (25.12%), Sugar: 48.13g (53.48%), Cholesterol: 135.55mg (45.18%), Sodium: 343.73mg (14.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.86g (21.72%), Manganese: 0.8mg (40.19%), Magnesium: 136.84mg (34.21%), Calcium: 332.24mg (33.22%), Potassium: 1071.43mg (30.61%), Phosphorus: 291.18mg (29.12%), Vitamin B2: 0.47mg (27.77%), Selenium: 17.96µg (25.66%), Vitamin B6: 0.5mg (25.22%), Vitamin B12: 1.12µg (18.67%), Iron: 3.09mg (17.15%), Vitamin B5: 1.57mg (15.69%), Copper: 0.3mg (14.98%), Vitamin A: 712.13IU (14.24%), Vitamin D: 1.98µg (13.23%), Zinc: 1.8mg (12.02%), Vitamin B1: 0.18mg (11.86%), Fiber: 2.93g (11.73%), Vitamin B3: 1.1mg (5.49%), Folate: 18.86µg (4.72%), Vitamin E: 0.65mg (4.34%), Vitamin C: 1.29mg (1.56%)