



Saucy Cranberry Maple Pudding Cake

READY IN



38 min.

SERVINGS



8

CALORIES



236 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1.5 oz cornmeal fine
- ☐ 9 oz cranberries fresh thawed
- ☐ 1 large eggs
- ☐ 0.3 cup maple syrup dark fine (grade A or grade B amber is)
- ☐ 0.5 cup milk 1%
- ☐ 0.5 teaspoon salt
- ☐ 3 oz flour all-purpose
- ☐ 4 oz butter unsalted melted

- ☐ 1 teaspoon vanilla extract pure
- ☐ 0.3 cup water
- ☐ 2 tablespoons whipped cream

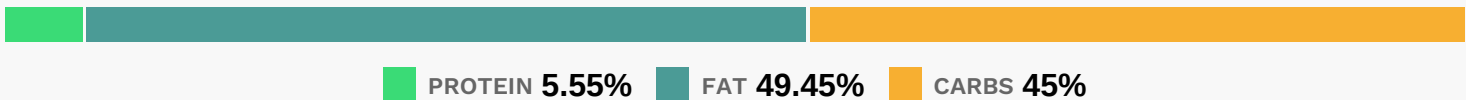
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Position rack in the center of the oven; preheat to 400F. Butter a 2-quart, 2-inch deep baking dish or 10-inch glass or ceramic pie plate.
- ☐ Combine cranberries, maple syrup, and water in medium saucepan. Bring to a simmer; cook for 3 minutes.
- ☐ Transfer 1/2 cup of berries, with some juice, to small bowl; set aside.
- ☐ Pour remaining berries and juice into baking dish; heat in oven for about 5 minutes.
- ☐ Whisk flour, cornmeal, baking powder, and salt in medium bowl.
- ☐ Whisk egg, milk, butter, and vanilla in another medium bowl; add flour mixture and whisk until blended.
- ☐ Remove baking dish from oven and scrape batter over berries (no need to cover completely). Spoon reserved berries and juice randomly over batter.
- ☐ Bake 15–20 minutes until topping is golden brown, feels crusty, and springs back when you press it. Cool pudding for 5 minutes before serving (with desired topping).

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:13.39, Inflammation Score:-4, Nutrition Score:6.6639130115509%

Flavonoids

Cyanidin: 14.81mg, Cyanidin: 14.81mg, Cyanidin: 14.81mg, Cyanidin: 14.81mg Delphinidin: 2.45mg, Delphinidin: 2.45mg, Delphinidin: 2.45mg, Delphinidin: 2.45mg Malvidin: 0.14mg, Malvidin: 0.14mg, Malvidin: 0.14mg, Malvidin: 0.14mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 15.68mg, Peonidin: 15.68mg, Peonidin: 15.68mg, Peonidin: 15.68mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 2.11mg, Myricetin: 2.11mg, Myricetin: 2.11mg, Myricetin: 2.11mg Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg

Nutrients (% of daily need)

Calories: 236.41kcal (11.82%), Fat: 13.1g (20.15%), Saturated Fat: 7.89g (49.29%), Carbohydrates: 26.82g (8.94%), Net Carbohydrates: 24.86g (9.04%), Sugar: 11.12g (12.36%), Cholesterol: 56.09mg (18.7%), Sodium: 246.67mg (10.72%), Alcohol: 0.17g (100%), Alcohol %: 0.2% (100%), Protein: 3.3g (6.61%), Manganese: 0.53mg (26.73%), Vitamin B2: 0.3mg (17.51%), Calcium: 93.74mg (9.37%), Selenium: 6.39µg (9.13%), Vitamin A: 451.59IU (9.03%), Vitamin B1: 0.13mg (8.35%), Fiber: 1.96g (7.85%), Phosphorus: 78.26mg (7.83%), Folate: 25.42µg (6.36%), Vitamin E: 0.86mg (5.7%), Vitamin C: 4.49mg (5.44%), Iron: 0.94mg (5.22%), Vitamin B3: 0.84mg (4.18%), Magnesium: 16.42mg (4.1%), Vitamin B6: 0.08mg (3.8%), Potassium: 127.95mg (3.66%), Zinc: 0.55mg (3.64%), Vitamin B5: 0.36mg (3.59%), Vitamin D: 0.51µg (3.38%), Vitamin B12: 0.18µg (3.07%), Copper: 0.06mg (2.78%), Vitamin K: 2.67µg (2.55%)