



Soft Milk Pudding

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



86 kcal

Ingredients

- ☐ 0.3 oz gelatin powder unflavored
- ☐ 3 cups strawberry-flavor milk
- ☐ 1 tablespoon strawberry jam

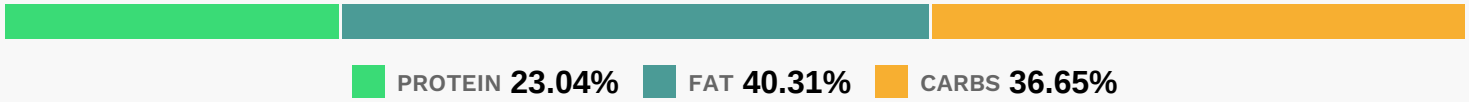
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Pour 1/4 cup strawberry-flavor milk into a 1- to 1 1/2-quart pan; sprinkle with unflavored gelatin. Stir over medium-low heat until gelatin is dissolved, about 5 minutes.
- ☐ Remove from heat and stir in an additional 2 3/4 cups strawberry-flavor milk and rose-flower water (optional).
- ☐ Pour equally into 5- to 6-ounce bowls. Cover and chill until set, about 2 hours, or up to 1 day.
- ☐ In a small bowl, stir strawberry jam to soften, then dot evenly onto puddings.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:3.41, Inflammation Score:-2, Nutrition Score:4.1413043646709%

Nutrients (% of daily need)

Calories: 86.42kcal (4.32%), Fat: 3.91g (6.01%), Saturated Fat: 2.27g (14.19%), Carbohydrates: 7.99g (2.66%), Net Carbohydrates: 7.96g (2.89%), Sugar: 7.48g (8.32%), Cholesterol: 14.64mg (4.88%), Sodium: 49.74mg (2.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.05%), Calcium: 151.38mg (15.14%), Phosphorus: 124.31mg (12.43%), Vitamin B12: 0.66µg (10.98%), Vitamin B2: 0.17mg (10.21%), Vitamin D: 1.34µg (8.95%), Potassium: 185.76mg (5.31%), Vitamin B1: 0.07mg (4.61%), Vitamin B5: 0.46mg (4.57%), Selenium: 2.85µg (4.07%), Vitamin A: 197.64IU (3.95%), Magnesium: 15.03mg (3.76%), Vitamin B6: 0.08mg (3.76%), Zinc: 0.5mg (3.36%), Copper: 0.03mg (1.5%)