



Steamed Butternut Squash Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



216 kcal

DESSERT

Ingredients

- ☐ 2.3 teaspoons double-acting baking powder
- ☐ 0.3 cup butter softened
- ☐ 1 pound butternut squash
- ☐ 3 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.8 teaspoon salt
- ☐ 1 cup sugar
- ☐ 12 servings vanilla jack sabayon

Equipment

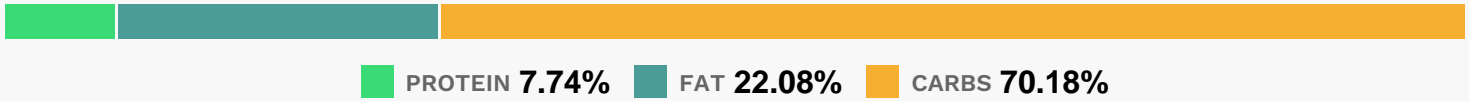
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ ramekin
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Preheat oven to 400
- ☐ Cut squash in half lengthwise; discard seeds and membrane.
- ☐ Place squash, cut sides down, on a baking sheet coated with cooking spray; bake at 400 for 55 minutes or until tender. Cool slightly. Scoop out squash pulp from skins; discard skins. Mash pulp.
- ☐ Preheat oven to 325
- ☐ Place sugar and butter in a large bowl; beat with a mixer at medium speed until blended.
- ☐ Add eggs, 1 at a time; beat after each addition.
- ☐ Add squash and juice; beat until combined.
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and remaining ingredients in a medium bowl; stir with a whisk.

- ☐ Add flour mixture to squash mixture; beat until just combined. Spoon about 1/3 cup batter into each of 12 (6-ounce) ramekins coated with cooking spray.
- ☐ Place 6 ramekins in each of 2 (13 x 9-inch) baking dishes.
- ☐ Add hot water to pans to a depth of 1 inch. Cover pans loosely with heavy-duty foil coated with cooking spray.
- ☐ Bake at 325 for 22 minutes or until a wooden pick inserted in center comes out clean. Cool completely on a wire rack.
- ☐ Serve with Vanilla Jack Sabayon.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:11.7, Inflammation Score:-10, Nutrition Score:10.230869383916%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 215.68kcal (10.78%), Fat: 5.28g (8.13%), Saturated Fat: 2.87g (17.91%), Carbohydrates: 37.76g (12.59%), Net Carbohydrates: 36.37g (13.23%), Sugar: 17.69g (19.66%), Cholesterol: 56.67mg (18.89%), Sodium: 275.62mg (11.98%), Alcohol: 0.34g (100%), Alcohol %: 0.44% (100%), Protein: 4.17g (8.34%), Vitamin A: 4204.45IU (84.09%), Selenium: 11.15µg (15.92%), Vitamin B1: 0.21mg (13.85%), Folate: 55.14µg (13.78%), Manganese: 0.25mg (12.45%), Vitamin C: 9.42mg (11.41%), Vitamin B2: 0.17mg (10.05%), Iron: 1.61mg (8.95%), Vitamin B3: 1.71mg (8.53%), Phosphorus: 77.97mg (7.8%), Calcium: 77.04mg (7.7%), Fiber: 1.39g (5.55%), Vitamin E: 0.81mg (5.37%), Potassium: 185.57mg (5.3%), Magnesium: 20.09mg (5.02%), Vitamin B6: 0.09mg (4.56%), Vitamin B5: 0.45mg (4.45%), Copper: 0.07mg (3.51%), Zinc: 0.38mg (2.53%), Vitamin B12: 0.12µg (1.99%), Vitamin D: 0.25µg (1.67%)