



Steamed Pudding with Lemon Sauce

READY IN



45 min.

SERVINGS



10

CALORIES



341 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apple sauce
- ☐ 0.5 teaspoon baking soda
- ☐ 1 tablespoon butter
- ☐ 3 tablespoons butter softened
- ☐ 0.5 cup egg substitute
- ☐ 1 large egg yolk
- ☐ 11.3 ounces flour all-purpose
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind grated

- ☐ 0.3 cup milk 2% reduced-fat
- ☐ 1.3 cups milk 2% reduced-fat
- ☐ 0.5 cup blackstrap molasses
- ☐ 1 cup raisins
- ☐ 1 Dash salt
- ☐ 0.8 cup sugar
- ☐ 0.3 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ roasting pan
- ☐ aluminum foil
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Lightly coat a 2 1/2-quart oven-safe bowl with cooking spray; line with plastic wrap. Lightly coat the surface of wrap with cooking spray. Set aside.
- ☐ Spoon applesauce onto several layers of paper towels; spread to 1/2-inch thickness. Cover with additional paper towels; let stand 5 minutes.

- ☐ Scrape into a small bowl using a rubber spatula.
- ☐ Beat 3 tablespoons butter at medium speed with an electric mixer 2 minutes or until fluffy. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking soda, and salt.
- ☐ Add flour mixture, 1 1/4 cups milk, and molasses to the butter, beating until blended. Stir in applesauce and raisins. Spoon mixture into prepared bowl; cover bowl with plastic wrap.
- ☐ Place bowl in a deep roasting pan.
- ☐ Add hot water to pan until water is one-third way up the sides of bowl. Tightly cover bowl and pan with aluminum foil.
- ☐ Bake at 350 for 2 hours or until a wooden pick inserted in center comes out clean.
- ☐ Remove bowl from roasting pan. Carefully invert bowl onto a serving plate; remove bowl.
- ☐ Remove and discard plastic wrap.
- ☐ To prepare sauce, combine 3/4 cup sugar and next 6 ingredients (through salt) in a medium saucepan over medium heat, stirring constantly with a whisk until smooth. Cook, stirring frequently, 4 minutes or until thickened.
- ☐ Remove from heat. Stir in rind and vanilla.
- ☐ Let stand at least 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:34.79, Glycemic Load:39.73, Inflammation Score:-5, Nutrition Score:10.691739030506%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 340.79kcal (17.04%), Fat: 6.21g (9.56%), Saturated Fat: 3.59g (22.45%), Carbohydrates: 66.71g (22.24%), Net Carbohydrates: 64.74g (23.54%), Sugar: 30.72g (34.13%), Cholesterol: 33.39mg (11.13%), Sodium: 148.18mg

(6.44%), Alcohol: 0.03g (100%), Alcohol %: 0.03% (100%), Protein: 6.45g (12.9%), Selenium: 20.92µg (29.88%), Manganese: 0.52mg (26.23%), Vitamin B1: 0.31mg (20.63%), Vitamin B2: 0.32mg (18.65%), Folate: 66.71µg (16.68%), Iron: 2.98mg (16.53%), Magnesium: 58.89mg (14.72%), Potassium: 493.74mg (14.11%), Vitamin B3: 2.27mg (11.34%), Phosphorus: 102.45mg (10.24%), Calcium: 101.51mg (10.15%), Vitamin B6: 0.2mg (9.78%), Copper: 0.18mg (9.12%), Fiber: 1.97g (7.86%), Vitamin B5: 0.68mg (6.83%), Vitamin B12: 0.28µg (4.69%), Vitamin A: 232.35IU (4.65%), Zinc: 0.65mg (4.31%), Vitamin C: 3.49mg (4.23%), Vitamin E: 0.42mg (2.78%), Vitamin D: 0.28µg (1.89%)