



## Steamed Pumpkin-Cornmeal Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



470 kcal

DESSERT

### Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.4 lb butter at room temperature
- ☐ 1.5 cups pumpkin canned
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 tablespoon lemon zest grated
- ☐ 0.3 cup rum

- ☐ 0.3 teaspoon salt
- ☐ 1.8 cups sugar
- ☐ 1 teaspoon vanilla
- ☐ 0.5 cup cornmeal yellow

## Equipment


- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil
- ☐ skewers
- ☐ kugelhkopf pan

## Directions

- ☐ In a bowl, mix flour with cornmeal, baking powder, nutmeg, and salt.
- ☐ In another bowl, with a mixer on high speed, beat butter and sugar until well blended.
- ☐ Add eggs one at a time, beating well after each addition. Beat in pumpkin, rum, lemon peel, and vanilla. Stir in flour mixture until well incorporated.
- ☐ Scrape batter into a buttered 8- to 9-cup bundt pan and set in a 12- by 17-inch baking pan.
- ☐ Place on bottom rack of a 350 regular or convection oven. Carefully pour boiling water around bundt pan almost to the level of pudding. Cover entire baking pan tightly with foil.
- ☐ Bake until the pudding feels firm to the touch and a wooden skewer inserted into the center comes out clean, 1 hour to 1 hour 10 minutes.
- ☐ Let cool 10 minutes, then invert over a plate to unmold.
- ☐ Serve warm, or let cool completely and cover loosely until serving. Reheat in a 350 regular or convection oven until warm, about 10 minutes. To serve, slice into wedges.

## Nutrition Facts



 **PROTEIN 4.21%**  **FAT 37.88%**  **CARBS 57.91%**

## Properties

Glycemic Index:55.07, Glycemic Load:43.71, Inflammation Score:-10, Nutrition Score:11.481739163399%

## Nutrients (% of daily need)

Calories: 469.59kcal (23.48%), Fat: 19.49g (29.98%), Saturated Fat: 11.55g (72.17%), Carbohydrates: 67.01g (22.34%), Net Carbohydrates: 64.22g (23.35%), Sugar: 45.56g (50.63%), Cholesterol: 92.21mg (30.74%), Sodium: 310.27mg (13.49%), Alcohol: 2.68g (100%), Alcohol %: 2.14% (100%), Protein: 4.87g (9.75%), Vitamin A: 7748.6IU (154.97%), Selenium: 10.4µg (14.85%), Manganese: 0.25mg (12.52%), Vitamin B1: 0.17mg (11.4%), Fiber: 2.8g (11.18%), Iron: 2mg (11.12%), Folate: 44.19µg (11.05%), Vitamin B2: 0.19mg (10.9%), Phosphorus: 102.28mg (10.23%), Vitamin K: 8.94µg (8.52%), Vitamin E: 1.16mg (7.73%), Calcium: 72.83mg (7.28%), Vitamin B3: 1.36mg (6.81%), Magnesium: 27.17mg (6.79%), Vitamin B6: 0.11mg (5.74%), Copper: 0.11mg (5.59%), Vitamin B5: 0.53mg (5.29%), Potassium: 169.27mg (4.84%), Zinc: 0.69mg (4.59%), Vitamin C: 2.9mg (3.52%), Vitamin B12: 0.15µg (2.46%), Vitamin D: 0.25µg (1.67%)