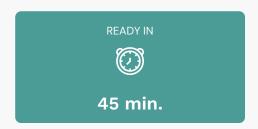
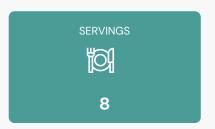


Steamed Pumpkin-Cornmeal Pudding

Vegetarian







DESSERT

Ingredients

0.3 cup rum

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 teaspoon salt	
	1.8 cups sugar	
	1 teaspoon vanilla	
	0.5 cup cornmeal yellow	
Equipment		
	bowl	
	oven	
	blender	
	baking pan	
	aluminum foil	
	skewers	
	kugelhopf pan	
Di	rections	
	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

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%)