



Strawberry and Blueberry Summer Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



466 kcal

DESSERT

Ingredients

- ☐ 3 cups blueberries generous
- ☐ 12 slices firm-textured bread white (such as Pepperidge Farm Original)
- ☐ 0.3 cup powdered sugar
- ☐ 1 pinch salt
- ☐ 2.8 cups strawberries hulled sliced
- ☐ 6 tablespoons sugar divided
- ☐ 4 tablespoons butter unsalted room temperature ()
- ☐ 1 teaspoon vanilla extract

☐ 2 cups whipping cream chilled

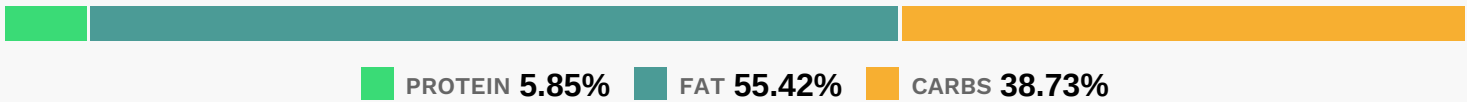
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ plastic wrap

Directions

- ☐ Place strawberries, 2 tablespoons sugar, and salt in large bowl. Mash to coarse purée. Stir blueberries and 4 tablespoons sugar in large saucepan over medium heat until sugar dissolves and berries release juices, about 7 minutes. Increase heat; boil until mixture thickens slightly, stirring often, about 5 minutes.
- ☐ Remove from heat; add strawberry mixture.
- ☐ Line 6-cup bowl with 3 sheets plastic wrap, leaving 6-inch overhang. Generously butter 1 side of bread slices. Line bowl with bread, buttered side up, cutting pieces to cover bowl completely.
- ☐ Pour berry mixture into bread-lined bowl. Top with remaining bread, buttered side down, cutting pieces to cover completely. Fold plastic wrap over bread.
- ☐ Place plate slightly smaller than top of bowl atop pudding. Weigh down plate with 4 pounds of canned goods or dried beans and chill at least 12 hours and up to 36 hours.
- ☐ Beat cream, powdered sugar, and vanilla in large bowl until peaks form.
- ☐ Remove weights and plate from pudding. Open plastic wrap.
- ☐ Place large plate atop bowl and invert pudding.
- ☐ Remove bowl, then plastic. Spoon pudding onto plates.
- ☐ Serve with whipped cream.

Nutrition Facts



Properties

Glycemic Index:26.09, Glycemic Load:20.81, Inflammation Score:-7, Nutrition Score:13.243478287821%

Flavonoids

Cyanidin: 5.53mg, Cyanidin: 5.53mg, Cyanidin: 5.53mg, Cyanidin: 5.53mg Petunidin: 17.55mg, Petunidin: 17.55mg, Petunidin: 17.55mg, Petunidin: 17.55mg Delphinidin: 19.82mg, Delphinidin: 19.82mg, Delphinidin: 19.82mg, Delphinidin: 19.82mg Malvidin: 37.52mg, Malvidin: 37.52mg, Malvidin: 37.52mg, Malvidin: 37.52mg Pelargonidin: 12.3mg, Pelargonidin: 12.3mg, Pelargonidin: 12.3mg, Pelargonidin: 12.3mg Peonidin: 11.29mg, Peonidin: 11.29mg, Peonidin: 11.29mg, Peonidin: 11.29mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 465.72kcal (23.29%), Fat: 29.42g (45.26%), Saturated Fat: 17.6g (109.98%), Carbohydrates: 46.26g (15.42%), Net Carbohydrates: 42.26g (15.37%), Sugar: 24.81g (27.57%), Cholesterol: 82.29mg (27.43%), Sodium: 221.6mg (9.63%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 6.99g (13.97%), Manganese: 0.88mg (44.04%), Vitamin C: 34.93mg (42.34%), Vitamin A: 1086.33IU (21.73%), Selenium: 14.28µg (20.4%), Fiber: 4g (16.01%), Vitamin K: 16.25µg (15.48%), Vitamin B2: 0.26mg (15.1%), Vitamin B1: 0.22mg (14.49%), Vitamin B3: 2.81mg (14.07%), Folate: 53.5µg (13.38%), Phosphorus: 108.94mg (10.89%), Iron: 1.94mg (10.77%), Calcium: 104.89mg (10.49%), Vitamin E: 1.25mg (8.33%), Magnesium: 31.35mg (7.84%), Vitamin D: 1.06µg (7.05%), Potassium: 236.89mg (6.77%), Vitamin B5: 0.63mg (6.35%), Copper: 0.13mg (6.32%), Vitamin B6: 0.12mg (6%), Zinc: 0.75mg (4.97%), Vitamin B12: 0.11µg (1.78%)