



Strawberry Pudding

 Vegetarian

READY IN



23 min.

SERVINGS



4

CALORIES



618 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter room temperature
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 teaspoon lemon zest finely chopped
- ☐ 0.1 cup orange blossom honey
- ☐ 16 slices potato bread farls stale
- ☐ 325 milliliters red wine
- ☐ 1 pint strawberries hulled sliced
- ☐ 0.3 cup sugar

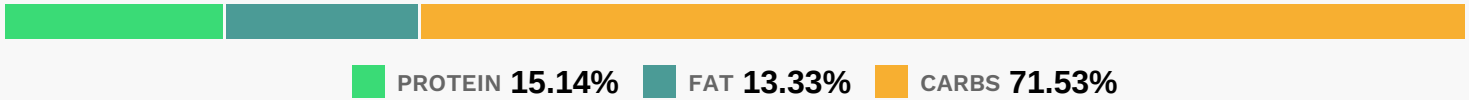
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper

Directions

- ☐ Remove both ends from 4 (15-ounce) soup cans. Save 4 of the ends. Using one of the soup cans with the ends removed, cut the potato bread into 16 rounds. To avoid torn bread press straight down, do not twist.
- ☐ Let bread sit for 2 hours to dry out.
- ☐ Butter 1 side of 4 of the bread rounds.
- ☐ Place the soup cans on a cookie sheet lined with parchment paper.
- ☐ Place the buttered bread round, buttered-side up, in each can. Spoon 2 tablespoons of strawberries with liquid to cover over each round. Dredge 1 side of 4 bread rounds in the strawberry liquid and place over the strawberries. Repeat layering strawberries and dredged bread rounds until you have 3 layers of strawberries and 4 layers of bread.
- ☐ Place reserved ends of soup cans on top of final round and weight with cans of soda. Refrigerate for 8 hours.
- ☐ Remove cans and serve with whipped cream.
- ☐ In a bowl combine all ingredients.
- ☐ Let stand in refrigerator for 2 hours.

Nutrition Facts



Properties

Glycemic Index:51.77, Glycemic Load:11.77, Inflammation Score:-8, Nutrition Score:26.244347422019%

Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Petunidin: 1.76mg, Petunidin: 1.76mg, Petunidin: 1.76mg, Petunidin: 1.76mg Delphinidin: 2.02mg, Delphinidin: 2.02mg, Delphinidin: 2.02mg, Delphinidin:

2.02mg Malvidin: 11.42mg, Malvidin: 11.42mg, Malvidin: 11.42mg, Malvidin: 11.42mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 1.09mg, Peonidin: 1.09mg, Peonidin: 1.09mg, Peonidin: 1.09mg Catechin: 9.56mg, Catechin: 9.56mg, Catechin: 9.56mg, Catechin: 9.56mg Epigallocatechin: 0.97mg, Epigallocatechin: 0.97mg, Epigallocatechin: 0.97mg, Epigallocatechin: 0.97mg Epicatechin: 3.62mg, Epicatechin: 3.62mg, Epicatechin: 3.62mg, Epicatechin: 3.62mg Epicatechin 3–gallate: 0.19mg, Epicatechin 3–gallate: 0.19mg, Epicatechin 3–gallate: 0.19mg, Epicatechin 3–gallate: 0.19mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 618.12kcal (30.91%), Fat: 8.38g (12.89%), Saturated Fat: 1.82g (11.38%), Carbohydrates: 101.13g (33.71%), Net Carbohydrates: 88.34g (32.13%), Sugar: 34.17g (37.96%), Cholesterol: 7.53mg (2.51%), Sodium: 642.17mg (27.92%), Alcohol: 8.74g (100%), Alcohol %: 2.85% (100%), Protein: 21.41g (42.82%), Vitamin C: 69.88mg (84.7%), Phosphorus: 653.77mg (65.38%), Folate: 236.03µg (59.01%), Fiber: 12.79g (51.15%), Manganese: 1.01mg (50.64%), Potassium: 1468mg (41.94%), Calcium: 336.25mg (33.62%), Iron: 4.59mg (25.49%), Vitamin B6: 0.48mg (24.22%), Selenium: 16.34µg (23.35%), Vitamin B1: 0.34mg (22.76%), Magnesium: 71.72mg (17.93%), Zinc: 2.65mg (17.67%), Vitamin B5: 1.52mg (15.21%), Vitamin K: 14.74µg (14.04%), Vitamin B2: 0.23mg (13.51%), Vitamin B3: 2.7mg (13.48%), Copper: 0.22mg (11.22%), Vitamin E: 1.2mg (7.99%), Vitamin A: 250.76IU (5.02%), Vitamin B12: 0.25µg (4.2%), Vitamin D: 0.16µg (1.09%)