



Summer Berry Pudding



Vegetarian



Vegan



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



87 kcal

DESSERT

Ingredients

- ☐ 12 ounces blackberries
- ☐ 3 tablespoons juice of lemon
- ☐ 8 servings lemon zest
- ☐ 12 ounces raspberries
- ☐ 0.5 cup agave nectar raw
- ☐ 8 servings sandwich bread

Equipment

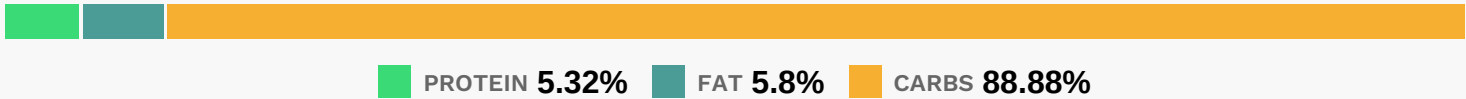
- ☐ bowl

- ☐ pot
- ☐ plastic wrap

Directions

- ☐ Remove the crusts from the bread. Line a 1.4 liter (1.5 quart) bowl with a piece of plastic wrap that's much larger than the diameter of the bowl.
- ☐ Mix the berries with the sugar, lemon juice, and a pinch of lemon zest. Toss to coat evenly and let the berries sit while you work on the bread. You can speed the maceration up by vacuum sealing the berries in a bag. Line the bowl with bread, cutting pieces out to ensure there are no overlaps and no gaps. If the bread isn't very stale, leave it in a windy place for an hour to dry out a bit.
- ☐ Pour the berries and juice into the bread-lined mold.
- ☐ Cut some more bread out to make a lid for the berries, ensuring there are no gaps or overlaps. Pull the wrap over the bread, pressing down on the berries a bit to flatten the surface, and then place a weight on top of the bowl that's slightly smaller than the diameter of the bowl. A straight-sided pot with cans in it works well. Refrigerate overnight with the weight.
- ☐ Serve with whipped cream or cashew cream.

Nutrition Facts



Properties

Glycemic Index:17.6, Glycemic Load:2.98, Inflammation Score:-4, Nutrition Score:6.5508696203646%

Flavonoids

Cyanidin: 61.97mg, Cyanidin: 61.97mg, Cyanidin: 61.97mg, Cyanidin: 61.97mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.61mg, Pelargonidin: 0.61mg, Pelargonidin: 0.61mg, Pelargonidin: 0.61mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 16.32mg, Catechin: 16.32mg, Catechin: 16.32mg, Catechin: 16.32mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 3.48mg, Epicatechin: 3.48mg, Epicatechin: 3.48mg, Epicatechin: 3.48mg Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg,

Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 87.05kcal (4.35%), Fat: 0.6g (0.92%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 20.56g (6.85%), Net Carbohydrates: 15.46g (5.62%), Sugar: 13.51g (15.01%), Cholesterol: 0mg (0%), Sodium: 6.24mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.46%), Vitamin C: 24.84mg (30.11%), Manganese: 0.57mg (28.35%), Fiber: 5.11g (20.43%), Vitamin K: 14.83µg (14.13%), Vitamin E: 1.01mg (6.76%), Folate: 25.95µg (6.49%), Copper: 0.11mg (5.6%), Magnesium: 18.64mg (4.66%), Potassium: 140.93mg (4.03%), Vitamin B6: 0.07mg (3.61%), Vitamin B3: 0.68mg (3.39%), Iron: 0.61mg (3.38%), Vitamin B2: 0.05mg (3.14%), Vitamin B1: 0.05mg (3.03%), Zinc: 0.42mg (2.78%), Vitamin B5: 0.27mg (2.71%), Calcium: 25.82mg (2.58%), Phosphorus: 23.43mg (2.34%), Vitamin A: 105.48IU (2.11%), Selenium: 0.73µg (1.04%)