



Summer Berry Pudding

 Vegetarian

READY IN



300 min.

SERVINGS



10

CALORIES



443 kcal

DESSERT

Ingredients

- ☐ 2 pints blackberries
- ☐ 2 pints blueberries
- ☐ 1 pound egg bread loaf – crusts
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 pints raspberries
- ☐ 2 pints strawberries hulled quartered
- ☐ 1 cup sugar
- ☐ 6 tablespoons butter unsalted room temperature

☐ 1 vanilla pod split

Equipment

☐ bowl

☐ frying pan

☐ baking sheet

☐ pot

☐ plastic wrap

Directions

☐ Line pan with plastic wrap.

☐ Place on arimmed baking sheet.

☐ Combine all berries,1 cup sugar, and 1/2 cup water in a large pot.Scrape in seeds from vanilla bean. Bring to a simmer, stirring to dissolve sugar. Simmer for 10 minutes. Set berry sauce aside.

☐ Spread bread slices with butter.

☐ Mix remaining 2 tablespoons sugar and cinnamon in a small bowl.

☐ Sprinkle over bread slices.

☐ Drizzle 1/2 cup warm berry sauce over bottom of pan. Line pan with a single layer of bread, cutting to fit as needed.

☐ Pour 1 1/2 cups berry sauce over. Repeat layering 2 more times.

☐ Pour any remaining sauce over. Cover with plastic. Set a plate slightly smaller than pan on top of pudding to weigh down, keeping bread submerged. Chill for at least 1 hour and up to 2 days.

☐ Remove plate and plastic from top of pudding. Invert onto a plate. Release pan sides; remove pan and plastic.

☐ calories 376, 10 grams fat, 71 grams carbohydrate

☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:20.61, Glycemic Load:23.04, Inflammation Score:-9, Nutrition Score:25.429565222367%

Flavonoids

Cyanidin: 147.5mg, Cyanidin: 147.5mg, Cyanidin: 147.5mg, Cyanidin: 147.5mg Petunidin: 30.24mg, Petunidin: 30.24mg, Petunidin: 30.24mg, Petunidin: 30.24mg Delphinidin: 35.07mg, Delphinidin: 35.07mg, Delphinidin: 35.07mg, Delphinidin: 35.07mg Malvidin: 64.1mg, Malvidin: 64.1mg, Malvidin: 64.1mg, Malvidin: 64.1mg Pelargonidin: 24.87mg, Pelargonidin: 24.87mg, Pelargonidin: 24.87mg, Pelargonidin: 24.87mg Peonidin: 19.56mg, Peonidin: 19.56mg, Peonidin: 19.56mg, Peonidin: 19.56mg Catechin: 44.26mg, Catechin: 44.26mg, Catechin: 44.26mg, Catechin: 44.26mg Epigallocatechin: 1.89mg, Epigallocatechin: 1.89mg, Epigallocatechin: 1.89mg, Epigallocatechin: 1.89mg Epicatechin: 8.73mg, Epicatechin: 8.73mg, Epicatechin: 8.73mg, Epicatechin: 8.73mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 1.26mg, Epigallocatechin 3-gallate: 1.26mg, Epigallocatechin 3-gallate: 1.26mg, Epigallocatechin 3-gallate: 1.26mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Myricetin: 1.9mg, Myricetin: 1.9mg, Myricetin: 1.9mg, Myricetin: 1.9mg Quercetin: 12.69mg, Quercetin: 12.69mg, Quercetin: 12.69mg, Quercetin: 12.69mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 442.96kcal (22.15%), Fat: 11.35g (17.46%), Saturated Fat: 5.11g (31.93%), Carbohydrates: 83.16g (27.72%), Net Carbohydrates: 66.73g (24.27%), Sugar: 43.63g (48.48%), Cholesterol: 41.19mg (13.73%), Sodium: 177.28mg (7.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.17g (16.34%), Vitamin C: 109.5mg (132.72%), Manganese: 2.17mg (108.7%), Fiber: 16.43g (65.71%), Vitamin K: 47.49µg (45.23%), Folate: 119.81µg (29.95%), Selenium: 14.9µg (21.29%), Copper: 0.42mg (20.86%), Vitamin B3: 4.14mg (20.71%), Vitamin B1: 0.31mg (20.4%), Vitamin E: 3.06mg (20.4%), Vitamin B2: 0.32mg (19.1%), Iron: 3.29mg (18.29%), Magnesium: 66.57mg (16.64%), Potassium: 568.88mg (16.25%), Phosphorus: 132.49mg (13.25%), Vitamin A: 602.13IU (12.04%), Calcium: 117.32mg (11.73%), Zinc: 1.55mg (10.35%), Vitamin B6: 0.2mg (10.18%), Vitamin B5: 0.95mg (9.46%), Vitamin D: 0.31µg (2.05%)