



Summer Blueberry Pudding

READY IN



505 min.

SERVINGS



6

CALORIES



438 kcal

DESSERT

Ingredients

- 3 cups blueberries wild fresh
- 6 servings ground cinnamon for sprinkling
- 2 teaspoons juice of lemon fresh
- 0.7 cup sugar
- 2 tablespoons butter unsalted softened
- 6 servings whipped cream as an accompaniment
- 12 slices bread white homemade-style

Equipment

sauce pan

loaf pan

Directions

Pick over the blueberries and remove the stems. Rinse well, place in a heavy large saucepan, and stir in 1/4 cup water and the sugar. Bring to a boil and cook, uncovered, until the berries are slightly softened and the juices are released, about 10 minutes. Stir gently from time to time.

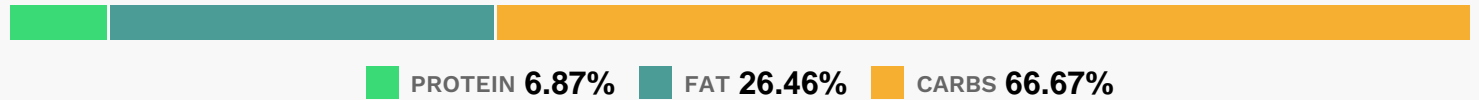
Remove from the heat, cool slightly, and stir in the lemon juice.

Spread the butter on the bread slices and sprinkle with the cinnamon. Line the bottom of an 8 1/2 by 4 1/2 by 2 1/2-inch loaf pan with some of the bread slices, trimming to form a tight fit.

Spread 1/3 of the berries and juice evenly over the bread. Repeat to make 3 layers in all.

Refrigerate for 6 to 8 hours. Spoon onto plates and serve with vanilla ice cream or whipped cream.

Nutrition Facts



Properties

Glycemic Index:41.81, Glycemic Load:45.88, Inflammation Score:-6, Nutrition Score:12.380434704864%

Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg Gallic acid: 0.09mg, Gallic acid: 0.09mg, Gallic acid: 0.09mg, Gallic acid: 0.09mg

Nutrients (% of daily need)

Calories: 438.12kcal (21.91%), Fat: 13.18g (20.28%), Saturated Fat: 7.32g (45.73%), Carbohydrates: 74.77g (24.92%), Net Carbohydrates: 70.31g (25.57%), Sugar: 46.3g (51.44%), Cholesterol: 39.07mg (13.02%), Sodium: 292.99mg (12.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.7g (15.4%), Manganese: 0.9mg (45.03%), Calcium: 215.9mg (21.59%), Vitamin B1: 0.31mg (20.6%), Selenium: 13.11µg (18.72%), Vitamin B2: 0.32mg (18.57%), Fiber: 4.45g (17.82%), Folate: 63.83µg (15.96%), Vitamin K: 15.53µg (14.79%), Vitamin B3: 2.8mg (13.98%), Phosphorus: 137.21mg (13.72%), Iron: 2.13mg (11.81%), Vitamin C: 8.3mg (10.05%), Vitamin A: 440.94IU (8.82%), Vitamin B5: 0.76mg (7.58%), Potassium: 258.72mg (7.39%), Magnesium: 28.57mg (7.14%), Zinc: 1.06mg (7.05%), Copper: 0.13mg (6.44%), Vitamin B6: 0.12mg (6.01%), Vitamin E: 0.89mg (5.91%), Vitamin B12: 0.27µg (4.42%), Vitamin D: 0.2µg (1.35%)