



Summer Pudding

READY IN

ready

25 min.

SERVINGS

servings

10

CALORIES

calories

194 kcal

Ingredients

- ☐ 0.5 cup apple juice concentrate frozen thawed
- ☐ 1 cup blueberries
- ☐ 0.5 cup cranberries
- ☐ 1 teaspoon powdered gelatin
- ☐ 1 cup heavy cream cold
- ☐ 1.5 cups raspberries
- ☐ 1.5 cups currants red
- ☐ 2 cups strawberries hulled quartered
- ☐ 0.1 cup water cold
- ☐ 10 slices bread white thin

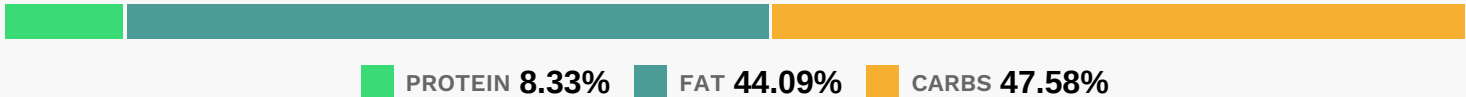
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Watch how to make this recipe.
- ☐ The day before you plan to serve the pudding, line a 2 quart mixing bowl with plastic wrap. Line the plastic wrap with the white bread slices, trimming to fit so that the pieces fit together neatly. Save enough bread to cover the top of the pudding.
- ☐ In a saucepan, combine the apple juice concentrate and all the berries. Bring the mixture to a boil and cook until the strawberries begin to soften, about 1 minute. Turn off the heat immediately.
- ☐ Stirring, dissolve the gelatin in the water, then add the mixture to the berries and stir to combine. Spoon into the bread-lined bowl. Cover with remaining bread slices, cover the bowl with plastic wrap, and slightly weight it down. Chill overnight.
- ☐ When ready to serve, whip the cream with an electric mixer at high speed until it forms soft peaks.
- ☐ Remove the pudding from the refrigerator and remove the plastic wrap. Carefully turn the pudding out onto a platter, remove the bowl and the plastic wrap.
- ☐ Serve in slices with whipped cream on top.

Nutrition Facts



Properties

Glycemic Index:26.65, Glycemic Load:11.14, Inflammation Score:-5, Nutrition Score:8.4586956967478%

Flavonoids

Cyanidin: 12.3mg, Cyanidin: 12.3mg, Cyanidin: 12.3mg, Cyanidin: 12.3mg Petunidin: 4.75mg, Petunidin: 4.75mg, Petunidin: 4.75mg, Petunidin: 4.75mg Delphinidin: 5.95mg, Delphinidin: 5.95mg, Delphinidin: 5.95mg, Delphinidin: 5.95mg Malvidin: 10.05mg, Malvidin: 10.05mg, Malvidin: 10.05mg, Malvidin: 10.05mg Pelargonidin: 7.35mg, Pelargonidin: 7.35mg, Pelargonidin: 7.35mg, Pelargonidin: 7.35mg Peonidin: 5.5mg, Peonidin: 5.5mg, Peonidin: 5.5mg, Peonidin: 5.5mg Catechin: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 194.18kcal (9.71%), Fat: 9.8g (15.07%), Saturated Fat: 5.7g (35.61%), Carbohydrates: 23.8g (7.93%), Net Carbohydrates: 20.19g (7.34%), Sugar: 8.35g (9.28%), Cholesterol: 26.89mg (8.96%), Sodium: 127.99mg (5.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.33%), Vitamin C: 30.93mg (37.49%), Manganese: 0.49mg (24.43%), Fiber: 3.6g (14.41%), Vitamin B1: 0.16mg (10.65%), Folate: 41.8µg (10.45%), Selenium: 6.96µg (9.94%), Calcium: 85.7mg (8.57%), Vitamin B2: 0.14mg (8.02%), Vitamin B3: 1.52mg (7.59%), Vitamin A: 377.68IU (7.55%), Iron: 1.35mg (7.48%), Vitamin K: 7.8µg (7.43%), Phosphorus: 64.93mg (6.49%), Potassium: 197.29mg (5.64%), Copper: 0.1mg (5.17%), Magnesium: 20.23mg (5.06%), Vitamin E: 0.68mg (4.55%), Vitamin B6: 0.08mg (3.97%), Vitamin B5: 0.34mg (3.4%), Zinc: 0.46mg (3.09%), Vitamin D: 0.38µg (2.54%)