



Summer Pudding with Blueberries and Raspberries

 Dairy Free

READY IN



4500 min.

SERVINGS



6

CALORIES



560 kcal

DESSERT

Ingredients

- ☐ 1 pound blueberries
- ☐ 1 pound bread such as pullman white rectangular firm
- ☐ 6 servings accompaniment: lemon verbena ice cream
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 18 ounces raspberries
- ☐ 1 cup sugar

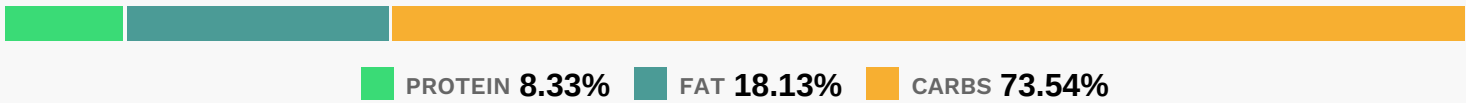
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ wax paper

Directions

- ☐ Cut bread into 14 (1/2-inch-thick) slices.
- ☐ Cut out a 3-inch round from 1 slice and put in bottom of bowl. Line side of bowl with 10 slices, overlapping them slightly.
- ☐ Bring berries, sugar, and lemon juice to a boil in a heavy medium saucepan over medium heat, then simmer, stirring occasionally, until berries collapse and release their juices, about 8 minutes. Spoon fruit into a sieve set over a bowl and let drain 15 minutes. Spoon drained fruit into bread-lined bowl (reserve juices) and cover completely with remaining bread, cutting bread to fit.
- ☐ Pour juices evenly over bread, making sure all bread is saturated. Cover pudding directly with a piece of wax paper and place a 7-inch plate, upside down, on top of paper. Put a 1- to 1 1/2-pound weight (such as a large can) on plate and chill at least 8 hours.
- ☐ Remove weight, plate, and wax paper and invert platter over bowl, then invert bowl onto platter. Carefully unmold.
- ☐ Pudding can be chilled (with weights) up to 3 days.

Nutrition Facts



Properties

Glycemic Index:42.63, Glycemic Load:56.64, Inflammation Score:-7, Nutrition Score:20.952173870543%

Flavonoids

Cyanidin: 45.32mg, Cyanidin: 45.32mg, Cyanidin: 45.32mg, Cyanidin: 45.32mg Petunidin: 24.1mg, Petunidin: 24.1mg, Petunidin: 24.1mg, Petunidin: 24.1mg Delphinidin: 27.91mg, Delphinidin: 27.91mg, Delphinidin: 27.91mg, Delphinidin: 27.91mg Malvidin: 51.21mg, Malvidin: 51.21mg, Malvidin: 51.21mg, Malvidin: 51.21mg Pelargonidin: 0.83mg, Pelargonidin: 0.83mg, Pelargonidin: 0.83mg, Pelargonidin: 0.83mg Peonidin: 15.44mg, Peonidin: 15.44mg, Peonidin: 15.44mg, Peonidin: 15.44mg Catechin: 5.11mg, Catechin: 5.11mg, Catechin: 5.11mg, Catechin: 5.11mg Epigallocatechin:

0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg Epicatechin: 3.46mg, Epicatechin: 3.46mg, Epicatechin: 3.46mg, Epicatechin: 3.46mg Epigallocatechin 3–gallate: 0.46mg, Epigallocatechin 3–gallate: 0.46mg, Epigallocatechin 3–gallate: 0.46mg, Epigallocatechin 3–gallate: 0.46mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg Quercetin: 6.69mg, Quercetin: 6.69mg, Quercetin: 6.69mg, Quercetin: 6.69mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 559.59kcal (27.98%), Fat: 11.6g (17.84%), Saturated Fat: 5.05g (31.54%), Carbohydrates: 105.83g (35.28%), Net Carbohydrates: 94.99g (34.54%), Sugar: 62.9g (69.89%), Cholesterol: 29.04mg (9.68%), Sodium: 412.33mg (17.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.98g (23.96%), Manganese: 1.73mg (86.58%), Fiber: 10.83g (43.32%), Vitamin C: 30.49mg (36.95%), Selenium: 23.41µg (33.44%), Vitamin B1: 0.39mg (26.21%), Vitamin B3: 5.13mg (25.64%), Vitamin B2: 0.42mg (24.63%), Vitamin K: 25.13µg (23.93%), Folate: 90.12µg (22.53%), Calcium: 205.16mg (20.52%), Phosphorus: 200.63mg (20.06%), Iron: 3.6mg (19.98%), Magnesium: 63.53mg (15.88%), Vitamin B5: 1.38mg (13.78%), Copper: 0.25mg (12.46%), Potassium: 426.09mg (12.17%), Zinc: 1.72mg (11.49%), Vitamin B6: 0.2mg (10.1%), Vitamin E: 1.51mg (10.09%), Vitamin A: 348.31IU (6.97%), Vitamin B12: 0.26µg (4.29%)