



Summer puddings



Vegetarian



Vegan



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



247 kcal

DESSERT

Ingredients

- ☐ 250 g strawberries hulled
- ☐ 125 g blueberries
- ☐ 125 g blackberries
- ☐ 85 g brown sugar
- ☐ 6 slices bread gluten-free thin

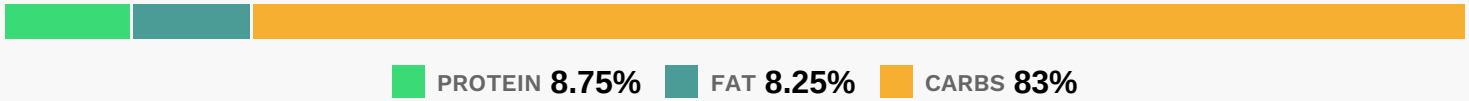
Equipment

- ☐ sauce pan
- ☐ knife

Directions

- ☐ Cut strawberries in half, then put into a saucepan with other fruit, sugar and 3 tbsp water. Use a large saucepan so the fruit is in a shallow layer.
- ☐ Heat on low for 2–3 minutes until the juice runs from the fruit.
- ☐ Remove from the heat.
- ☐ Using biscuit cutters, stamp out four 5.5cm circles from the bread, then use a 7cm cutter for another 4 circles.
- ☐ Put the smaller circles into the base of four 175ml pudding basins.
- ☐ Spoon in the fruit, then top with the larger circles. Press down, then spoon over just enough juice to colour the bread red. Cover with cling film and put a weight (such as a jar of jam) on top. Refrigerate for at least 4 hours, or overnight. Reserve the remaining juice.
- ☐ To serve the puddings, uncover and run a knife around the edge. Put a serving plate over each one, then invert to release. Spoon the reserved juice over the puddings and serve.

Nutrition Facts



Properties

Glycemic Index:40.92, Glycemic Load:13.99, Inflammation Score:-6, Nutrition Score:12.755652049313%

Flavonoids

Cyanidin: 34.93mg, Cyanidin: 34.93mg, Cyanidin: 34.93mg, Cyanidin: 34.93mg Petunidin: 9.92mg, Petunidin: 9.92mg, Petunidin: 9.92mg, Petunidin: 9.92mg Delphinidin: 11.27mg, Delphinidin: 11.27mg, Delphinidin: 11.27mg, Delphinidin: 11.27mg Malvidin: 21.13mg, Malvidin: 21.13mg, Malvidin: 21.13mg, Malvidin: 21.13mg Pelargonidin: 15.67mg, Pelargonidin: 15.67mg, Pelargonidin: 15.67mg, Pelargonidin: 15.67mg Peonidin: 6.44mg, Peonidin: 6.44mg, Peonidin: 6.44mg, Peonidin: 6.44mg Catechin: 15.18mg, Catechin: 15.18mg, Catechin: 15.18mg, Catechin: 15.18mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 1.91mg, Epicatechin: 1.91mg, Epicatechin: 1.91mg, Epicatechin: 1.91mg Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

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Nutrients (% of daily need)

Calories: 247.08kcal (12.35%), Fat: 2.35g (3.61%), Saturated Fat: 0.32g (1.97%), Carbohydrates: 53.13g (17.71%), Net Carbohydrates: 47.79g (17.38%), Sugar: 30.71g (34.13%), Cholesterol: 0mg (0%), Sodium: 205.86mg (8.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.21%), Vitamin C: 46.43mg (56.28%), Manganese: 1.06mg (53.12%), Fiber: 5.34g (21.34%), Selenium: 12.76µg (18.22%), Folate: 60.6µg (15.15%), Vitamin K: 15.65µg (14.91%), Vitamin B3: 2.94mg (14.72%), Vitamin B1: 0.21mg (13.7%), Iron: 2.2mg (12.22%), Calcium: 91.07mg (9.11%), Magnesium: 35.38mg (8.85%), Copper: 0.17mg (8.58%), Vitamin B2: 0.14mg (8.27%), Phosphorus: 80.65mg (8.07%), Potassium: 257.8mg (7.37%), Vitamin B5: 0.58mg (5.76%), Vitamin B6: 0.11mg (5.52%), Vitamin E: 0.8mg (5.37%), Zinc: 0.75mg (4.98%), Vitamin A: 92.09IU (1.84%)