



Watermelon Pudding

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



182 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon aniseed
- ☐ 6 servings milk chocolate shavings dark white red with a vegetable peeler shelled chopped (not dyed)
- ☐ 0.3 cup cornstarch
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 2 teaspoons juice of lemon fresh to taste
- ☐ 0.5 cup sugar
- ☐ 6 cups watermelon seeded coarsely chopped (from a)

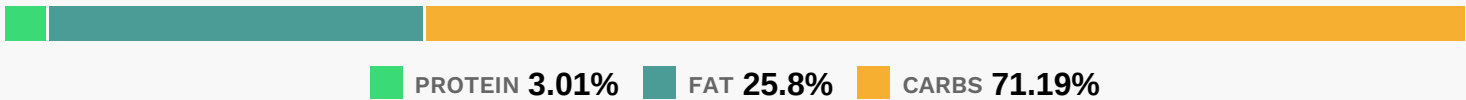
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ ramekin
- ☐ hand mixer

Directions

- ☐ Purée watermelon in a blender until smooth, then pour through a fine-mesh sieve into a 2-quart saucepan, pressing on pulp and then discarding any remaining solids.
- ☐ Ladle about 1/4 cup watermelon juice into a small bowl and stir in cornstarch until smooth.
- ☐ Bring remaining watermelon juice to a boil with 1/2 cup sugar and anise seeds, stirring until sugar is dissolved. Stir cornstarch mixture again, then whisk into boiling juice. Reduce heat and simmer, whisking occasionally, 3 minutes.
- ☐ Whisk in lemon juice.
- ☐ Pour pudding through cleaned sieve into a bowl, then transfer to a wide 1-quart serving dish or 6 (2/3-cup) ramekins and chill, uncovered, until cold, about 30 minutes. Cover loosely and chill until set, at least 3 hours.
- ☐ Just before serving, beat cream with remaining 1 teaspoon sugar in another bowl with an electric mixer until it just holds stiff peaks. Top pudding with whipped cream.
- ☐ Pudding can be chilled up to 1 day.

Nutrition Facts



Properties

Glycemic Index:24.96, Glycemic Load:19.76, Inflammation Score:-6, Nutrition Score:4.0186956498934%

Flavonoids

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: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 182.32kcal (9.12%), Fat: 5.5g (8.46%), Saturated Fat: 3.29g (20.56%), Carbohydrates: 34.13g (11.38%), Net Carbohydrates: 33.34g (12.12%), Sugar: 26.85g (29.84%), Cholesterol: 15mg (5%), Sodium: 5.91mg (0.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.88%), Vitamin A: 1060.88IU (21.22%), Vitamin C: 13.11mg (15.89%), Potassium: 195.48mg (5.59%), Magnesium: 18.71mg (4.68%), Copper: 0.08mg (4.25%), Manganese: 0.08mg (4.13%), Vitamin B6: 0.08mg (3.82%), Vitamin B5: 0.38mg (3.77%), Vitamin B1: 0.05mg (3.64%), Vitamin B2: 0.06mg (3.63%), Iron: 0.6mg (3.33%), Fiber: 0.79g (3.16%), Phosphorus: 29.28mg (2.93%), Calcium: 22.51mg (2.25%), Selenium: 1.36µg (1.94%), Zinc: 0.23mg (1.56%), Vitamin B3: 0.3mg (1.5%), Vitamin D: 0.21µg (1.41%), Vitamin E: 0.21mg (1.37%), Folate: 5.46µg (1.36%)