

Caramel Apple Gingerbread Pudding

Publix Aprons Simple Meals

Publix Family Style Magazine - August/September 2013

Servings: 8

nonstick cooking spray

1 package (14.5 ounce) gingerbread mix

1/2 cup milk, half-and-half OR light cream

1 tablespoon fresh ginger, grated

2 1/4 cups apple juice

3/4 cup packed dark brown sugar

3/4 cup butter

3/4 cup coarsely chopped dried apples.

Cinnamon Whipped Cream

1/2 cup whipping cream

1 tablespoon powdered sugar

1/2 teaspoon vanilla

1/4 teaspoon ground cinnamon

Preparation Time: 25 minutes

Slow Cooker: 2 hours

Lightly coat the inside of a 3-1/2 to 4-quart slow cooker with cooking spray.

Place a medium mixing bowl and the beaters of an electric mixer in the refrigerator to chill.

In a large bowl, combine the gingerbread mix, milk and ginger. With a wooden spoon, stir until moistened. (The batter will be thick.) Spread the batter evenly in the bottom of the prepared slow cooker.

In a medium saucepan, combine the apple juice, brown sugar, butter and apples. Bring to boiling and reduce the heat. Simmer gently, uncovered, for 2 minutes. Carefully pour the apple-caramel mixture over the batter in the slow cooker.

Cover and cook on HIGH heat setting for two hours (Do not use LOW heat setting.) The center may appear moist but will set up as it stands. Remove the liner from the slow cooker. Let stand, uncovered, for 45 minutes to cool slightly before serving.

Make the Cinnamon Whipped Cream: In the chilled bowl, combine the whipping cream, powdered sugar, vanilla and cinnamon. Beat with the chilled beaters on low speed until soft peaks form. (Makes one cup.)

Serve the gingerbread pudding with the cinnamon whipped cream.

Per Serving (excluding unknown items): 602 Calories; 32g Fat (46.7% calories from fat); 3g Protein; 78g Carbohydrate; 1g Dietary Fiber; 67mg Cholesterol; 616mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Fruit; 0 Non-Fat Milk; 6 1/2 Fat; 4 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	602
% Calories from Fat:	46.7%
% Calories from Carbohydrates:	51.1%
% Calories from Protein:	2.2%
Total Fat (g):	32g
Saturated Fat (g):	16g
Monounsaturated Fat (g):	12g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	67mg
Carbohydrate (g):	78g
Dietary Fiber (g):	1g
Protein (g):	3g
Sodium (mg):	616mg
Potassium (mg):	395mg
Calcium (mg):	99mg
Iron (mg):	4mg
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	872IU
Vitamin A (r.e.):	223 1/2RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	41mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	1
% Deficient:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	6 1/2
Other Carbohydrates:	4 1/2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 602 Calories from Fat: 281

% Daily Values*

Total Fat	32g	49%
Saturated Fat	16g	82%
Cholesterol	67mg	22%
Sodium	616mg	26%
Total Carbohydrates	78g	26%
Dietary Fiber	1g	5%
Protein	3g	
Vitamin A		17%
Vitamin C		1%
Calcium		10%
Iron		21%

* Percent Daily Values are based on a 2000 calorie diet.