

Cranberry Pudding with Lemon Sauce

*Paula Macri - Gattuso's Italian Market
Scripps Treasure Coast Newspapers*

*1/2 cup molasses
1/2 cup boiling water
2 teaspoons baking soda
1 1/2 cups flour
1/2 teaspoon salt
2 cups fresh cranberries*

LEMON SAUCE

*1 cup sugar
1/2 cup butter
1/2 cup half-and-half
1/2 teaspoon lemon extract*

In a large mixing bowl, mix the molasses and water. Stir in the baking soda.

In another bowl, mix together the flour and salt. Add the molasses mixture. Stir until smooth. Gently add the cranberries.

Grease the top of a double-boiler. Pour the cranberry mixture into the top of the double-boiler. Cover. Cook for about two hours until the mixture is done, checking that there is water in the lower boiler pan.

Cool the pudding in the pan for about 30 minutes. Invert onto a wire rack. Cool completely.

To make the lemon sauce: In a saucepan, mix the sugar, butter, half-and-half and lemon extract. Cook over medium heat until the mixture comes to a boil. Remove from the heat. Pour over the cranberry pudding.

Serve warm.

Per Serving (excluding unknown items): 2802 Calories; 94g Fat (29.8% calories from fat); 21g Protein; 480g Carbohydrate; 13g Dietary Fiber; 248mg Cholesterol; 4592mg Sodium. Exchanges: 9 1/2 Grain(Starch); 1 1/2 Fruit; 18 1/2 Fat; 21 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

% Calories from Fat:	29.8%
% Calories from Carbohydrates:	67.3%
% Calories from Protein:	3.0%
Total Fat (g):	94g
Saturated Fat (g):	58g
Monounsaturated Fat (g):	27g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	248mg
Carbohydrate (g):	480g
Dietary Fiber (g):	13g
Protein (g):	21g
Sodium (mg):	4592mg
Potassium (mg):	2770mg
Calcium (mg):	416mg
Iron (mg):	17mg
Zinc (mg):	2mg
Vitamin C (mg):	26mg
Vitamin A (i.u.):	3555IU
Vitamin A (r.e.):	868RE

Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	1.6mg
Riboflavin B2 (mg):	1.0mg
Folacin (mcg):	55mcg
Niacin (mg):	13mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	9 1/2
Lean Meat:	0
Vegetable:	0
Fruit:	1 1/2
Non-Fat Milk:	0
Fat:	18 1/2
Other Carbohydrates:	21

Nutrition Facts

Amount Per Serving

Calories	2802	Calories from Fat: 834
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% Daily Values*

Total Fat	94g	145%
Saturated Fat	58g	288%
Cholesterol	248mg	83%
Sodium	4592mg	191%
Total Carbohydrates	480g	160%
Dietary Fiber	13g	54%
Protein	21g	
Vitamin A		71%
Vitamin C		43%
Calcium		42%
Iron		95%

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