

Date Pudding

Myrtle Shields

Church of St Peter, Mendota, MN - Our Favorite Recipes, September, 2003

PUDDING

1 cup boiling water
1 cup dates, chopped
1 teaspoon soda
1/2 cup butter
1 cup sugar
1 egg
1 1/2 cups flour, sifted
1 teaspoon salt
1/2 teaspoon baking powder
1 cup nuts, chopped

SAUCE

1/2 cup butter
1 cup sugar
1 cup whipping cream

Preheat the oven to 350 degrees.

In a bowl, pour the boiling water over the chopped dates and add the soda. Set aside.

In a bowl, cream the butter. Add the sugar and egg. Beat well.

Add the sifted flour, salt, baking powder, chopped nuts and the date mixture.

Pour into muffin cups.

Bake for 20 to 25 minutes.

Prepare the sauce by combining all of the ingredients in a saucepan. Boil until smooth.

Serve the sauce over warm muffins.

Per Serving (excluding unknown items): 6115 Calories; 359g Fat (51.2% calories from fat); 60g Protein; 711g Carbohydrate; 33g Dietary Fiber; 1035mg Cholesterol; 4444mg Sodium. Exchanges: 11 1/2 Grain(Starch); 3 1/2 Lean Meat; 8 1/2 Fruit; 1/2 Non-Fat Milk; 69 Fat; 27 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	6115	Vitamin B6 (mg):	.8mg
% Calories from Fat:	51.2%	Vitamin B12 (mcg):	1.3mcg
% Calories from Carbohydrates:	45.0%	Thiamin B1 (mg):	2.3mg
% Calories from Protein:	3.8%	Riboflavin B2 (mg):	1.8mg
Total Fat (g):	359g	Folacin (mcg):	228mcg

Saturated Fat (g): 184g
Monounsaturated Fat (g): 126g
Polyunsaturated Fat (g): 30g
Cholesterol (mg): 1035mg
Carbohydrate (g): 711g
Dietary Fiber (g): 33g
Protein (g): 60g
Sodium (mg): 4444mg
Potassium (mg): 2494mg
Calcium (mg): 630mg
Iron (mg): 17mg
Zinc (mg): 10mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 10794IU
Vitamin A (r.e.): 2800 1/2RE

Niacin (mg): 22mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 11 1/2
Lean Meat: 3 1/2
Vegetable: 0
Fruit: 8 1/2
Non-Fat Milk: 1/2
Fat: 69
Other Carbohydrates: 27

Nutrition Facts

Amount Per Serving

Calories 6115 **Calories from Fat:** 3131

% Daily Values*

Total Fat	359g	553%
Saturated Fat	184g	919%
Cholesterol	1035mg	345%
Sodium	4444mg	185%
Total Carbohydrates	711g	237%
Dietary Fiber	33g	131%
Protein	60g	
Vitamin A		216%
Vitamin C		3%
Calcium		63%
Iron		95%

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