

Maple Pudding with Quick Praline

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Servings: 6

PUDDING

3 cups whole milk

3 large egg yolks

*3 tablespoons + 1 teaspoon
cornstarch*

2/3 cup maple syrup

1/2 teaspoon maple flavoring

1/4 teaspoon salt

QUICK PRALINE

2/3 cup pecans

1/2 cup sugar

2 tablespoons water

pinch salt

Preparation Time: 10 minutes

Cook Time: 11 minutes

For the Quick Praline: Preheat the oven to 350 degrees. Spread the pecans on a baking sheet. Toast for 10 minutes. Line a large baking sheet with nonstick foil.

In a small saucepan, combine the sugar, water and salt. Cook over medium-high heat until bubbly, then cook at a low boil without stirring until light amber, about 5 minutes. Stir in the pecans until coated and quickly spread onto the foil-lined sheet. Cool for 30 minutes, then chop into pieces. Set aside.

For the pudding: In a medium bowl, whisk together one cup of the milk, the egg yolks and the cornstarch.

In a medium saucepan, combine the remaining two cups of milk, the maple syrup, maple flavoring and salt. Cook over medium heat until just steaming, about 6 minutes.

Whisk about 1-1/2 cups of the hot milk mixture into the egg yolk mixture. Whisk the egg-milk mixture back into the saucepan. Cook, stirring constantly with a wooden spoon, to a bare simmer, until thick and large bubbles break the surface, about 5 minutes. Strain into six dessert cups or glasses. Place plastic wrap directly on the surface of the puddings and refrigerate at least four hours.

Just before serving, remove the plastic wrap and sprinkle each pudding with a little Quick Praline.

Reserve any extra praline for snacking.

Per Serving (excluding unknown items): 583 Calories; 15g Fat (22.7% calories from fat); 6g Protein; 106g Carbohydrate; 1g Dietary Fiber; 123mg Cholesterol; 161mg Sodium. Exchanges: 4 Grain(Starch); 0 Lean Meat; 1/2 Non-Fat Milk; 2 1/2 Fat; 2 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	583	Vitamin B6 (mg):	.1mg
% Calories from Fat:	22.7%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	72.8%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	4.4%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	15g	Folacin (mcg):	23mcg
Saturated Fat (g):	4g	Niacin (mg):	trace
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	123mg	% Refused:	0 0%
Carbohydrate (g):	106g		
Dietary Fiber (g):	1g		
Protein (g):	6g		
Sodium (mg):	161mg		
Potassium (mg):	312mg		
Calcium (mg):	199mg		
Iron (mg):	1mg		
Zinc (mg):	1mg		
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	330IU		
Vitamin A (r.e.):	96 1/2RE		

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 583 **Calories from Fat:** 133

% Daily Values*

Total Fat 15g	23%
Saturated Fat 4g	20%
Cholesterol 123mg	41%
Sodium 161mg	7%
Total Carbohydrates 106g	35%
Dietary Fiber 1g	6%
Protein 6g	
Vitamin A	7%
Vitamin C	2%
Calcium	20%
Iron	7%

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