

Ozark Pudding

Pat Huberty

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1 egg
1/2 cup sugar
1/3 cup flour
1 1/2 teaspoons baking powder
1 teaspoon vanilla
1/2 cup nuts, chopped
1 cup apples, diced

Preheat oven to 350 degrees.

In a bowl, beat the egg. Gradually add the sugar.

Blend in the dry ingredients and vanilla.

Fold in the nuts and apples.

Pour the batter into a greased pie tin.

Bake for 20 to 25 minutes.

Per Serving (excluding unknown items): 1131 Calories; 46g Fat (35.2% calories from fat); 23g Protein; 167g Carbohydrate; 11g Dietary Fiber; 212mg Cholesterol; 811mg Sodium. Exchanges: 3 Grain(Starch); 2 Lean Meat; 1 Fruit; 7 1/2 Fat; 7 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1131
% Calories from Fat:	35.2%
% Calories from Carbohydrates:	57.0%
% Calories from Protein:	7.8%
Total Fat (g):	46g
Saturated Fat (g):	8g
Monounsaturated Fat (g):	24g
Polyunsaturated Fat (g):	10g
Cholesterol (mg):	212mg
Carbohydrate (g):	167g
Dietary Fiber (g):	11g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	.6mcg
Thiamin B1 (mg):	.7mg
Riboflavin B2 (mg):	.6mg
Folacin (mcg):	97mcg
Niacin (mg):	6mg
Caffeine (mg):	0mg
Alcohol (kcal):	13
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	3
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Protein (g): 23g
Sodium (mg): 811mg
Potassium (mg): 654mg
Calcium (mg): 523mg
Iron (mg): 6mg
Zinc (mg): 5mg
Vitamin C (mg): 7mg
Vitamin A (i.u.): 316IU
Vitamin A (r.e.): 77 1/2RE

Lean Meat: 2
Vegetable: 0
Fruit: 1
Non-Fat Milk: 0
Fat: 7 1/2
Other Carbohydrates: 7

Nutrition Facts

Amount Per Serving

Calories	1131	Calories from Fat: 398
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% Daily Values*

Total Fat	46g	70%
Saturated Fat	8g	39%
Cholesterol	212mg	71%
Sodium	811mg	34%
Total Carbohydrates	167g	56%
Dietary Fiber	11g	45%
Protein	23g	
Vitamin A		6%
Vitamin C		11%
Calcium		52%
Iron		34%

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