



Bittersweet Chocolate Pudding

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



276 kcal

DESSERT

Ingredients

- 2 ounces bittersweet chocolate chopped
- 3 tablespoons cornstarch
- 3 tablespoons brown sugar dark
- 3 large egg yolks lightly beaten
- 0.5 cup granulated sugar
- 4 cups milk 2% reduced-fat
- 0.1 teaspoon salt
- 0.3 cup cocoa unsweetened

1 teaspoon vanilla extract

Equipment

bowl

frying pan

sauce pan

whisk

Directions

Combine first 5 ingredients in a large saucepan. Gradually add milk, stirring with a whisk. Bring to a boil over medium heat, stirring constantly. Cook 1 minute, stirring constantly.

Place egg yolks in a bowl. Gradually add hot milk mixture to egg yolks, stirring constantly. Return milk mixture to pan. Cook over medium heat 5 minutes or until mixture is thick, stirring constantly.

Remove mixture from heat, and add chopped chocolate and vanilla extract, stirring until the chocolate melts. Spoon pudding into a small bowl.

Place bowl in a large ice-filled bowl for 15 minutes or until pudding is cool, stirring occasionally.

Remove bowl from ice; cover and chill.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:11.64, Inflammation Score:-4, Nutrition Score:9.7821739445562%

Flavonoids

Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg, Epicatechin: 9.39mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 275.77kcal (13.79%), Fat: 9.7g (14.92%), Saturated Fat: 5.26g (32.86%), Carbohydrates: 41.8g (13.93%), Net Carbohydrates: 39.24g (14.27%), Sugar: 34.1g (37.89%), Cholesterol: 104.95mg (34.98%), Sodium: 130.69mg (5.68%), Alcohol: 0.23g (100%), Alcohol %: 0.14% (100%), Caffeine: 19.12mg (6.37%), Protein: 8.08g (16.15%), Phosphorus: 238.34mg (23.83%), Calcium: 217.07mg (21.71%), Vitamin B2: 0.36mg (20.93%), Manganese: 0.34mg (17.18%), Vitamin B12: 1.02µg (16.94%), Copper: 0.32mg (16.08%), Selenium: 10.45µg (14.93%), Magnesium: 58.95mg (14.74%), Potassium: 365.16mg (10.43%), Fiber: 2.56g (10.24%), Zinc: 1.53mg (10.22%), Iron: 1.6mg (8.87%), Vitamin B5: 0.86mg (8.63%), Vitamin A: 287.77IU (5.76%), Vitamin B1: 0.08mg (5.54%), Folate: 21.87µg (5.47%), Vitamin B6: 0.1mg (5.05%), Vitamin D: 0.46µg (3.06%), Vitamin E: 0.33mg (2.18%), Vitamin B3: 0.34mg (1.7%), Vitamin K: 1.17µg (1.12%)