

Bittersweet chocolate pudding

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



202 kcal

DESSERT

Ingredients

- 1 cup cocoa powder
- 2 tablespoons cornstarch
- 1 eggs
- 2 cups milk
- 0.1 teaspoon salt
- 0.5 cup sugar
- 2 tablespoons butter unsalted melted
- 1 teaspoon vanilla extract

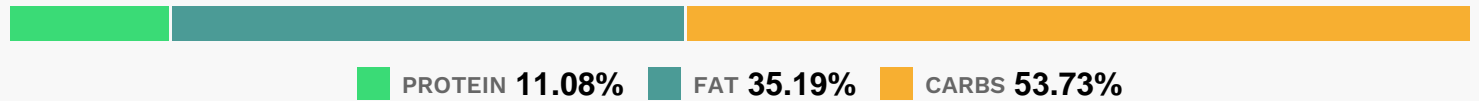
Equipment

- bowl
- sauce pan
- whisk

Directions

- In a medium saucepan, whisk together the cornstarch, cocoa powder, sugar salt, and salt. In a separate bowl, combine the milk and egg. Gradually pour the milk mixture into the saucepan, whisking until thoroughly mixed.
- Heat the mixture, stirring constantly, over medium heat until it boils. Cook for 1 minute, then remove from heat. Stir in butter and vanilla extract.
- Pour the pudding into the suitable molds rinsed with cold water (the pudding can be taken out more easily). Chill.

Nutrition Facts



Properties

Glycemic Index:18.02, Glycemic Load:13.08, Inflammation Score:-5, Nutrition Score:9.6560869565217%

Flavonoids

Catechin: 9.29mg, Catechin: 9.29mg, Catechin: 9.29mg, Catechin: 9.29mg Epicatechin: 28.16mg, Epicatechin: 28.16mg, Epicatechin: 28.16mg, Epicatechin: 28.16mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 201.67kcal (10.08%), Fat: 9.1g (14.01%), Saturated Fat: 5.3g (33.1%), Carbohydrates: 31.27g (10.42%), Net Carbohydrates: 25.94g (9.43%), Sugar: 20.91g (23.23%), Cholesterol: 47.07mg (15.69%), Sodium: 93.76mg (4.08%), Alcohol: 0.23g (1.27%), Caffeine: 32.97mg (10.99%), Protein: 6.45g (12.9%), Manganese: 0.56mg (27.96%), Copper: 0.55mg (27.65%), Fiber: 5.33g (21.31%), Magnesium: 82.42mg (20.6%), Phosphorus: 203.38mg (20.34%), Calcium: 123.94mg (12.39%), Iron: 2.14mg (11.91%), Vitamin B2: 0.19mg (10.92%), Potassium: 352.52mg (10.07%), Zinc: 1.41mg (9.42%), Selenium: 6.07µg (8.67%), Vitamin B12: 0.51µg (8.54%), Vitamin D: 1.11µg (7.41%), Vitamin A: 287.98IU (5.76%), Vitamin B5: 0.46mg (4.58%), Vitamin B1: 0.06mg (4%), Vitamin B6: 0.08mg (3.97%), Folate: 8.17µg (2.04%), Vitamin B3: 0.41mg (2.04%), Vitamin E: 0.24mg (1.6%)