



Bittersweet Chocolate Pudding with Raspberries

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



309 kcal

DESSERT

Ingredients

- 2 ounces bittersweet chocolate chopped
- 2 teaspoons cornstarch
- 1 large eggs
- 1 large egg whites
- 0.5 cup evaporated milk fat-free
- 1 cup milk 1% low-fat
- 0.5 cup raspberries

- 1 Dash salt
- 0.5 cup sugar
- 1 teaspoon vanilla extract
- 4 teaspoons chocolate white shaved

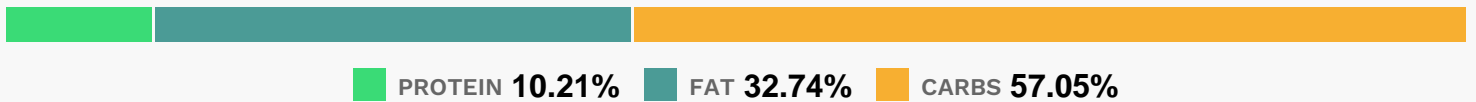
Equipment

- bowl
- frying pan
- sauce pan
- whisk
- plastic wrap

Directions

- Combine first 6 ingredients in a medium bowl, stirring well with a whisk.
- Combine milks in a medium saucepan; bring to a simmer.
- Remove from heat; add bittersweet chocolate to pan, stirring until chocolate melts. Gradually stir about one-fourth of hot chocolate mixture into egg mixture; add egg mixture to remaining chocolate mixture in pan, stirring constantly. Cook over medium heat 5 minutes or until mixture is thick and creamy, stirring constantly.
- Pour into a bowl; cover surface of pudding with plastic wrap. Chill. Top with raspberries and white chocolate.

Nutrition Facts



Properties

Glycemic Index:41.52, Glycemic Load:19.7, Inflammation Score:-3, Nutrition Score:8.453043491944%

Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin:

0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 309.44kcal (15.47%), Fat: 11.34g (17.44%), Saturated Fat: 6.25g (39.09%), Carbohydrates: 44.45g (14.82%), Net Carbohydrates: 42.32g (15.39%), Sugar: 40.04g (44.49%), Cholesterol: 60.47mg (20.16%), Sodium: 103.97mg (4.52%), Alcohol: 0.34g (100%), Alcohol %: 0.25% (100%), Caffeine: 12.19mg (4.06%), Protein: 7.95g (15.91%), Phosphorus: 200.77mg (20.08%), Calcium: 186.87mg (18.69%), Vitamin B2: 0.31mg (18.1%), Manganese: 0.3mg (15.03%), Selenium: 9.07µg (12.96%), Magnesium: 46.04mg (11.51%), Copper: 0.21mg (10.64%), Vitamin B12: 0.58µg (9.7%), Potassium: 339.08mg (9.69%), Fiber: 2.13g (8.51%), Zinc: 1.14mg (7.6%), Vitamin B5: 0.74mg (7.43%), Iron: 1.31mg (7.3%), Vitamin D: 0.93µg (6.2%), Vitamin C: 4.55mg (5.52%), Vitamin A: 271.94IU (5.44%), Vitamin B6: 0.09mg (4.45%), Vitamin B1: 0.07mg (4.42%), Folate: 13.4µg (3.35%), Vitamin E: 0.45mg (3.03%), Vitamin K: 2.92µg (2.79%), Vitamin B3: 0.4mg (1.98%)