



Brown-Sugar Pudding

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



343 kcal

DESSERT

Ingredients

- 2 tablespoons cornstarch
- 0.8 cup t brown sugar dark packed
- 2 large egg yolk
- 2 cups half and half
- 0.5 cup cup heavy whipping cream chilled
- 0.3 teaspoon salt
- 0.3 cup cream sour chilled
- 1 tablespoon butter unsalted

0.5 teaspoon vanilla

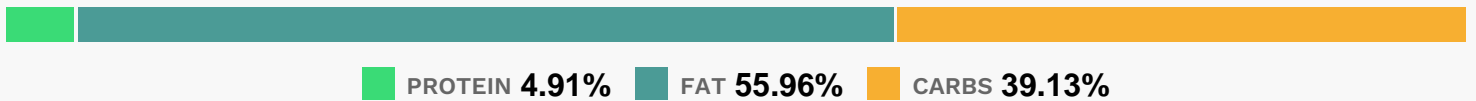
Equipment

- bowl
- sauce pan
- whisk
- sieve

Directions

- Stir together half-and-half, brown sugar, and cornstarch in a 2- to 3-quart heavy saucepan and heat over moderate heat, stirring occasionally, until sugar is dissolved and mixture is heated through (do not let boil).
- Whisk together yolks and salt in a medium bowl until smooth, then add hot half-and-half mixture in a slow stream, whisking. Return mixture to saucepan and cook over moderate heat, whisking, until mixture just reaches a boil, then boil, whisking, 1 minute (mixture will thicken). Immediately pour through a fine-mesh sieve into a clean bowl and stir in butter and vanilla until butter is incorporated. Set bowl in a larger bowl of ice and cold water and chill, stirring frequently, until pudding is cool, about 10 minutes.
- Beat heavy cream with sour cream in a bowl with a whisk until mixture just holds stiff peaks.
- Divide pudding among 6 small bowls, then top each serving with a generous dollop of cream.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:5.0430433999585%

Nutrients (% of daily need)

Calories: 342.68kcal (17.13%), Fat: 21.69g (33.37%), Saturated Fat: 12.94g (80.88%), Carbohydrates: 34.13g (11.38%), Net Carbohydrates: 34.11g (12.4%), Sugar: 30.99g (34.43%), Cholesterol: 122.52mg (40.84%), Sodium: 165.37mg (7.19%), Alcohol: 0.11g (100%), Alcohol %: 0.1% (100%), Protein: 4.28g (8.57%), Vitamin A: 776.84IU (15.54%), Vitamin B2: 0.24mg (14.17%), Calcium: 139.93mg (13.99%), Phosphorus: 119.55mg (11.95%), Selenium: 7.13µg (10.19%), Vitamin B12: 0.32µg (5.33%), Vitamin B5: 0.52mg (5.24%), Potassium: 181.21mg (5.18%), Vitamin D: 0.66µg (4.39%), Vitamin

E: 0.62mg (4.14%), Vitamin B6: 0.08mg (4.12%), Zinc: 0.54mg (3.58%), Magnesium: 13.34mg (3.34%), Folate: 12.41µg (3.1%), Vitamin B1: 0.04mg (2.68%), Iron: 0.43mg (2.39%), Vitamin K: 2.03µg (1.93%), Copper: 0.03mg (1.52%), Manganese: 0.03mg (1.26%), Vitamin C: 0.93mg (1.13%)