



Brown Sugar Pudding

READY IN



45 min.

SERVINGS



6

CALORIES



279 kcal

DESSERT

Ingredients

- 0.7 cup firmly brown sugar dark packed
- 1 large egg yolk
- 12 ounce evaporated milk fat-free canned
- 0.5 cup flour all-purpose
- 1.5 cups milk 1% low-fat
- 0.1 teaspoon salt
- 2 tablespoons stick margarine
- 1 teaspoon vanilla extract

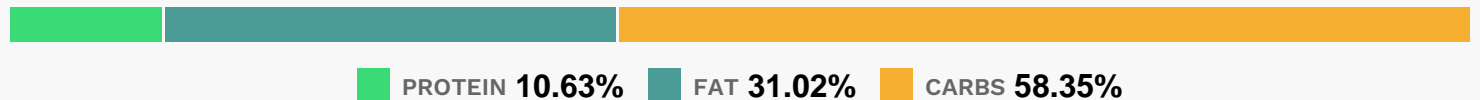
Equipment

- sauce pan
- whisk
- plastic wrap
- wooden spoon

Directions

- Combine first 3 ingredients in a saucepan; stir with a wire whisk. Gradually add milks and egg yolk, stirring until blended.
- Place over medium heat; cook, stirring constantly with a wooden spoon, 20 minutes or until thickened and mixture coats back of a spoon (do not boil).
- Remove from heat.
- Add butter and vanilla, stirring until butter melts.
- Pour pudding evenly into 6 individual serving dishes. Cover surface of pudding with plastic wrap; chill.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:5.75, Inflammation Score:-4, Nutrition Score:7.3895652993866%

Nutrients (% of daily need)

Calories: 279.2kcal (13.96%), Fat: 9.67g (14.87%), Saturated Fat: 4.05g (25.3%), Carbohydrates: 40.91g (13.64%), Net Carbohydrates: 40.63g (14.78%), Sugar: 32.46g (36.06%), Cholesterol: 49.99mg (16.66%), Sodium: 186.51mg (8.11%), Alcohol: 0.23g (100%), Alcohol %: 0.18% (100%), Protein: 7.46g (14.91%), Calcium: 249.41mg (24.94%), Phosphorus: 200.32mg (20.03%), Vitamin B2: 0.33mg (19.45%), Selenium: 7.95µg (11.36%), Vitamin B1: 0.15mg (9.84%), Vitamin A: 468.32IU (9.37%), Potassium: 315.42mg (9.01%), Vitamin B12: 0.51µg (8.51%), Vitamin B5: 0.74mg (7.42%), Folate: 29.21µg (7.3%), Magnesium: 25.55mg (6.39%), Vitamin D: 0.86µg (5.72%), Zinc: 0.84mg (5.58%), Manganese: 0.1mg (4.75%), Iron: 0.84mg (4.68%), Vitamin B6: 0.09mg (4.44%), Vitamin B3: 0.82mg (4.12%), Vitamin E: 0.33mg (2.23%), Copper: 0.04mg (1.94%), Vitamin C: 1.09mg (1.32%), Fiber: 0.28g (1.13%)