



Butterscotch Pudding

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



344 kcal

DESSERT

Ingredients

- 1 cup t brown sugar dark packed
- 2 eggs
- 4 tablespoons flour all-purpose
- 2 cups milk
- 0.1 teaspoon salt
- 1 teaspoon vanilla extract

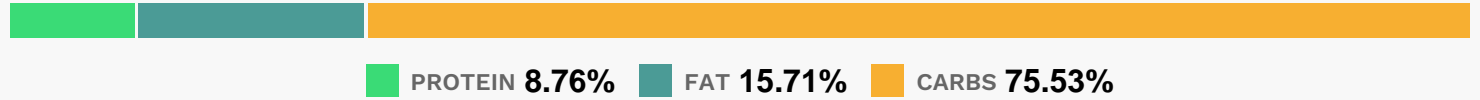
Equipment

- sauce pan

Directions

- In a saucepan, combine sugar, flour, eggs, salt and milk. Cook over medium heat, stirring constantly, until mixture starts to bubble and thicken.
- Remove from heat. Blend in vanilla with hand beater.
- Pour into dessert cups and chill.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:6.31, Inflammation Score:-3, Nutrition Score:7.7556521063266%

Nutrients (% of daily need)

Calories: 343.84kcal (17.19%), Fat: 6.07g (9.34%), Saturated Fat: 2.97g (18.56%), Carbohydrates: 65.66g (21.89%), Net Carbohydrates: 65.46g (23.8%), Sugar: 59.45g (66.05%), Cholesterol: 96.48mg (32.16%), Sodium: 165.91mg (7.21%), Alcohol: 0.34g (100%), Alcohol %: 0.21% (100%), Protein: 7.61g (15.23%), Calcium: 209.31mg (20.93%), Vitamin B2: 0.31mg (18.05%), Phosphorus: 177.14mg (17.71%), Selenium: 12.27µg (17.54%), Vitamin B12: 0.85µg (14.24%), Vitamin D: 1.78µg (11.88%), Vitamin B1: 0.14mg (9.07%), Vitamin B5: 0.9mg (8.98%), Potassium: 296.03mg (8.46%), Vitamin B6: 0.14mg (6.9%), Vitamin A: 316.44IU (6.33%), Iron: 1.13mg (6.25%), Folate: 24.61µg (6.15%), Magnesium: 24mg (6%), Zinc: 0.85mg (5.7%), Manganese: 0.1mg (4.99%), Vitamin B3: 0.65mg (3.26%), Copper: 0.05mg (2.72%), Vitamin E: 0.3mg (1.98%)