



Butterscotch Pudding

 Vegetarian  Gluten Free

READY IN



200 min.

SERVINGS



6

CALORIES



244 kcal

DESSERT

Ingredients

- 1 tablespoon butter cold
- 2.5 tablespoons cornstarch
- 1 cup brown sugar dark packed
- 2 large egg yolks
- 1.5 cups milk 2% reduced-fat
- 0.1 teaspoon salt
- 1.5 teaspoons vanilla extract
- 1 cup milk whole divided

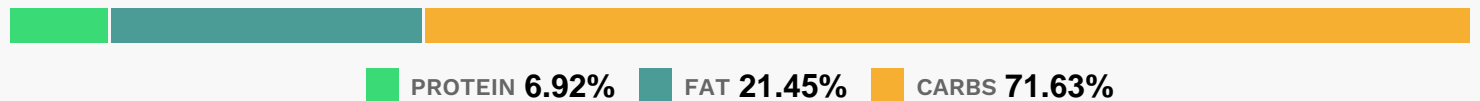
Equipment

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

Directions

- Combine 1/4 cup whole milk and cornstarch in a bowl, stirring well with a whisk.
- Combine remaining 3/4 cup whole milk and 2% milk in a medium saucepan over medium heat, and bring to a simmer.
- Add 1 cup brown sugar, vanilla extract, salt, and 2 egg yolks to cornstarch mixture, and stir well with a whisk. Gradually add warm milk to the sugar mixture, stirring constantly with a whisk.
- Pour the mixture into saucepan, and cook over medium heat until mixture begins to boil, stirring constantly with a whisk. Cook for 1 minute or until mixture is thick, stirring constantly.
- Remove from heat.
- Add 1 tablespoon butter, and stir until butter melts.
- Place the pan in a large ice-filled bowl for 6 minutes or until the mixture cools, and stir occasionally. Cover surface of pudding with plastic wrap. Chill at least 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:0.72, Inflammation Score:-2, Nutrition Score:4.7026087061866%

Nutrients (% of daily need)

Calories: 243.79kcal (12.19%), Fat: 5.87g (9.02%), Saturated Fat: 3.24g (20.24%), Carbohydrates: 44.07g (14.69%), Net Carbohydrates: 44.04g (16.02%), Sugar: 40.67g (45.19%), Cholesterol: 75.82mg (25.27%), Sodium: 120.01mg (5.22%), Alcohol: 0.34g (100%), Alcohol %: 0.29% (100%), Protein: 4.26g (8.51%), Calcium: 159.33mg (15.93%), Phosphorus: 119.97mg (12%), Vitamin B2: 0.2mg (11.58%), Vitamin B12: 0.65µg (10.78%), Selenium: 5.98µg (8.54%),

Vitamin B5: 0.58mg (5.82%), Potassium: 200.69mg (5.73%), Vitamin A: 266.08IU (5.32%), Vitamin D: 0.75µg (5.02%), Vitamin B6: 0.08mg (4.12%), Zinc: 0.6mg (3.98%), Magnesium: 15.22mg (3.81%), Vitamin B1: 0.06mg (3.73%), Folate: 11.66µg (2.91%), Iron: 0.44mg (2.47%), Manganese: 0.04mg (2.03%), Vitamin E: 0.24mg (1.59%), Copper: 0.03mg (1.4%)