



Butterscotch Pudding



Vegetarian



Gluten Free

READY IN



4500 min.

SERVINGS



4

CALORIES



381 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 0.5 cup brown sugar dark packed
- ☐ 0.5 cup heavy cream
- ☐ 4 servings accompaniment: lightly whipped cream sweetened
- ☐ 2 tablespoons butter unsalted cut into bits
- ☐ 1 teaspoon vanilla extract pure
- ☐ 1.5 cups milk whole

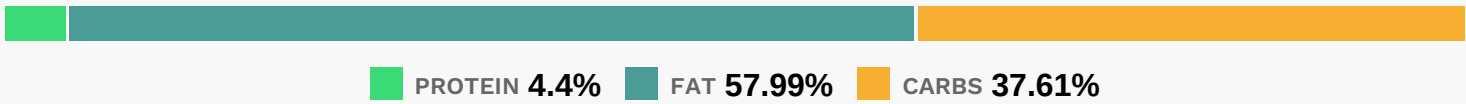
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ wax paper

Directions

- ☐ Whisk together brown sugar, cornstarch, and 1/4 teaspoon salt in a heavy medium saucepan, then whisk in milk and cream. Bring to a boil over medium heat, whisking frequently, then boil, whisking, 1 minute.
- ☐ Remove from heat and whisk in butter and vanilla.
- ☐ Pour into a bowl, then cover surface with buttered wax paper and chill until cold, at least 1 1/2 hours.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:1.62, Inflammation Score:-5, Nutrition Score:5.1452173104753%

Nutrients (% of daily need)

Calories: 380.61kcal (19.03%), Fat: 24.9g (38.3%), Saturated Fat: 15.59g (97.44%), Carbohydrates: 36.33g (12.11%), Net Carbohydrates: 36.29g (13.2%), Sugar: 33.16g (36.84%), Cholesterol: 80.2mg (26.73%), Sodium: 57.42mg (2.5%), Alcohol: 0.34g (100%), Alcohol %: 0.25% (100%), Protein: 4.25g (8.5%), Vitamin A: 977.98IU (19.56%), Calcium: 167.38mg (16.74%), Phosphorus: 113.03mg (11.3%), Vitamin B2: 0.19mg (10.91%), Vitamin D: 1.59µg (10.58%), Vitamin B12: 0.55µg (9.23%), Potassium: 205.37mg (5.87%), Vitamin B5: 0.46mg (4.62%), Selenium: 3.14µg (4.49%), Magnesium: 15.92mg (3.98%), Vitamin B6: 0.08mg (3.9%), Vitamin B1: 0.06mg (3.84%), Vitamin E: 0.48mg (3.21%), Zinc: 0.46mg (3.1%), Vitamin K: 1.72µg (1.63%), Iron: 0.25mg (1.37%), Manganese: 0.03mg (1.31%), Copper: 0.02mg (1.05%)