



# Butterscotch Pudding I

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



464 kcal

DESSERT

## Ingredients

- 0.3 cup butter
- 0.4 cup cornstarch
- 1 cup brown sugar dark
- 2 eggs beaten
- 2 cups milk
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract

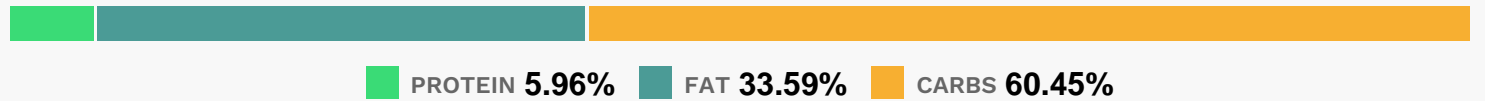
## Equipment

sauce pan

## Directions

- In a 1 quart saucepan, stir together sugar, cornstarch and salt.
- Place over medium-low heat and stir in eggs and milk. Cook, stirring, until mixture thickens enough to coat the back of a metal spoon. Stir in vanilla and butter.
- Let cool briefly and serve warm, or chill in refrigerator until serving.

## Nutrition Facts



## Properties

Glycemic Index:22, Glycemic Load:2.17, Inflammation Score:-4, Nutrition Score:7.3652174032253%

## Nutrients (% of daily need)

Calories: 463.98kcal (23.2%), Fat: 17.51g (26.94%), Saturated Fat: 10.25g (64.07%), Carbohydrates: 70.9g (23.63%), Net Carbohydrates: 70.79g (25.74%), Sugar: 59.43g (66.04%), Cholesterol: 126.98mg (42.33%), Sodium: 476.08mg (20.7%), Alcohol: 0.34g (100%), Alcohol %: 0.19% (100%), Protein: 6.99g (13.98%), Calcium: 211.96mg (21.2%), Phosphorus: 174.01mg (17.4%), Vitamin B2: 0.27mg (16.16%), Vitamin B12: 0.88µg (14.65%), Selenium: 10.21µg (14.59%), Vitamin A: 670.99IU (13.42%), Vitamin D: 1.78µg (11.88%), Vitamin B5: 0.88mg (8.81%), Potassium: 291.82mg (8.34%), Vitamin B6: 0.14mg (6.75%), Magnesium: 23mg (5.75%), Zinc: 0.82mg (5.48%), Vitamin B1: 0.08mg (5.2%), Iron: 0.84mg (4.66%), Vitamin E: 0.62mg (4.14%), Folate: 11.32µg (2.83%), Manganese: 0.06mg (2.78%), Copper: 0.05mg (2.49%), Vitamin K: 1.43µg (1.36%), Vitamin B3: 0.22mg (1.08%)