



Café Au Lait Puddings



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



257 kcal

DESSERT

Ingredients

- ☐ 4 servings cinnamon for sprinkling
- ☐ 2 tablespoons cornstarch
- ☐ 0.5 cup heavy cream
- ☐ 3 tablespoons coffee granules instant
- ☐ 0.3 cup sugar divided
- ☐ 0.3 teaspoon vanilla extract pure
- ☐ 2 cups milk whole

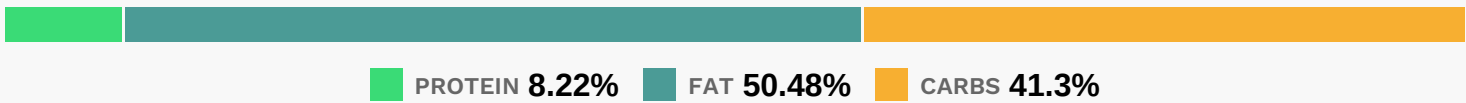
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ ramekin
- ☐ hand mixer

Directions

- ☐ Whisk together milk, coffee granules, cornstarch, 1/4 cup sugar, and a small pinch of salt in a heavy medium saucepan. Bring to a boil over medium heat, stirring occasionally, then boil 1 minute, stirring constantly.
- ☐ Transfer to a metal bowl set in an ice bath and cool, stirring often, about 10 minutes.
- ☐ Pour into cups or ramekins and chill, uncovered, 20 minutes.
- ☐ Beat cream with vanilla and remaining 2 tablespoon sugar using an electric mixer just until soft peaks form. Spoon whipped cream onto puddings and dust cream lightly with cinnamon.

Nutrition Facts



Properties

Glycemic Index:28.27, Glycemic Load:10.92, Inflammation Score:-4, Nutrition Score:7.2778261446435%

Nutrients (% of daily need)

Calories: 256.61kcal (12.83%), Fat: 14.73g (22.66%), Saturated Fat: 9.13g (57.04%), Carbohydrates: 27.11g (9.04%), Net Carbohydrates: 26.02g (9.46%), Sugar: 19.29g (21.43%), Cholesterol: 48.26mg (16.09%), Sodium: 56.49mg (2.46%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Caffeine: 117.75mg (39.25%), Protein: 5.39g (10.79%), Manganese: 0.42mg (21.09%), Calcium: 195.26mg (19.53%), Phosphorus: 153.65mg (15.37%), Vitamin B2: 0.23mg (13.56%), Vitamin A: 640.86IU (12.82%), Vitamin D: 1.82µg (12.12%), Vitamin B12: 0.71µg (11.77%), Potassium: 353.37mg (10.1%), Magnesium: 30.33mg (7.58%), Vitamin B3: 1.23mg (6.16%), Selenium: 3.93µg (5.62%), Vitamin B5: 0.54mg (5.42%), Vitamin B1: 0.08mg (5%), Vitamin B6: 0.09mg (4.46%), Fiber: 1.1g (4.39%), Zinc: 0.63mg (4.17%), Vitamin E: 0.38mg (2.54%), Iron: 0.39mg (2.15%), Vitamin K: 2.01µg (1.92%)