



## Caramel Pudding

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



240 kcal

DESSERT

### Ingredients

- 2 tablespoons cornstarch
- 1 large eggs
- 0.7 cup sugar
- 2 teaspoons vanilla
- 2 cups milk whole

### Equipment

- bowl
- frying pan

whisk

## Directions

In a bowl, whisk 1/2 cup milk, cornstarch, and egg until well blended.

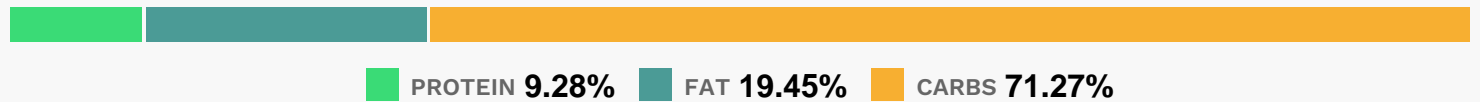
In a 2- to 3-quart pan over medium-high heat, tilt and swirl sugar until melted and deep amber, about 4 minutes. Stir in remaining 1 1/2 cups milk; mixture will bubble and sugar will harden. Stir until sugar melts again, about 2 minutes.

Whisk about 1/2 cup of the caramelized sugar mixture into cornstarch mixture, then return all to pan. Stir over medium-high heat until pudding thickens and begins to bubble, 3 to 5 minutes.

Remove from heat and stir in vanilla.

Pour into bowls and serve warm. Or let cool, chill airtight up to 2 days, and serve cold.

## Nutrition Facts



## Properties

Glycemic Index:27.02, Glycemic Load:25.44, Inflammation Score:-2, Nutrition Score:5.2178260664577%

## Nutrients (% of daily need)

Calories: 240.41kcal (12.02%), Fat: 5.2g (8%), Saturated Fat: 2.66g (16.63%), Carbohydrates: 42.89g (14.3%), Net Carbohydrates: 42.86g (15.58%), Sugar: 39.43g (43.82%), Cholesterol: 61.14mg (20.38%), Sodium: 64.98mg (2.83%), Alcohol: 0.69g (100%), Alcohol %: 0.5% (100%), Protein: 5.59g (11.18%), Calcium: 157.69mg (15.77%), Phosphorus: 148.61mg (14.86%), Vitamin B2: 0.23mg (13.75%), Vitamin B12: 0.77µg (12.83%), Vitamin D: 1.59µg (10.61%), Selenium: 6.47µg (9.24%), Vitamin B5: 0.65mg (6.47%), Potassium: 204mg (5.83%), Vitamin A: 265.14IU (5.3%), Vitamin B1: 0.07mg (4.9%), Vitamin B6: 0.1mg (4.81%), Zinc: 0.67mg (4.46%), Magnesium: 16.5mg (4.13%), Folate: 5.88µg (1.47%), Iron: 0.26mg (1.43%), Vitamin E: 0.19mg (1.28%)