



Chocolate-Amaretto Pudding



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



176 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons almonds toasted chopped
- ☐ 1 teaspoon amaretto
- ☐ 1 tablespoon cornstarch
- ☐ 1 cup milk 1% low-fat
- ☐ 3 tablespoons sugar
- ☐ 1.5 tablespoons cocoa unsweetened
- ☐ 0.3 teaspoon vanilla extract

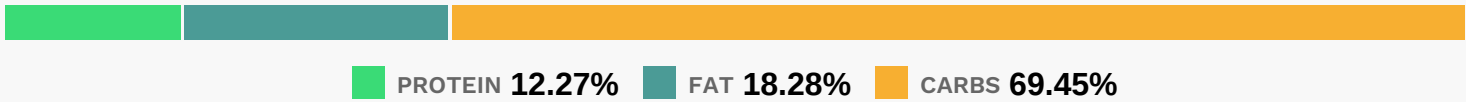
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine first 3 ingredients in a small saucepan. Gradually add milk, stirring with a wire whisk until smooth. Cook over medium-low heat, stirring constantly, 8 to 10 minutes or until mixture is thickened.
- ☐ Remove from heat; stir in amaretto and vanilla.
- ☐ Spoon mixture evenly into 2 dessert dishes. Cover and chill thoroughly. Just before serving, sprinkle evenly with almonds.

Nutrition Facts



Properties

Glycemic Index:40.05, Glycemic Load:12.6, Inflammation Score:-4, Nutrition Score:6.9082607892544%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 2.48mg, Catechin: 2.48mg, Catechin: 2.48mg, Catechin: 2.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 7.39mg, Epicatechin: 7.39mg, Epicatechin: 7.39mg, Epicatechin: 7.39mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 176.13kcal (8.81%), Fat: 3.7g (5.69%), Saturated Fat: 1.13g (7.05%), Carbohydrates: 31.61g (10.54%), Net Carbohydrates: 29.68g (10.79%), Sugar: 24.92g (27.69%), Cholesterol: 5.9mg (1.97%), Sodium: 47.63mg (2.07%), Alcohol: 0.82g (100%), Alcohol %: 0.69% (100%), Caffeine: 9.27mg (3.09%), Protein: 5.58g (11.17%), Phosphorus: 169.01mg (16.9%), Calcium: 164.58mg (16.46%), Vitamin B2: 0.22mg (13.18%), Manganese: 0.24mg (12.16%), Vitamin B12: 0.72µg (12%), Magnesium: 43.93mg (10.98%), Copper: 0.19mg (9.46%), Vitamin D: 1.3µg (8.65%), Potassium: 275.91mg (7.88%), Fiber: 1.92g (7.69%), Vitamin E: 1.05mg (7.01%), Zinc: 0.89mg (5.95%), Vitamin B1: 0.08mg (5.24%), Selenium: 3.41µg (4.87%), Vitamin A: 231.32IU (4.63%), Vitamin B5: 0.45mg (4.54%), Vitamin B6: 0.08mg (4.04%), Iron: 0.7mg (3.89%), Vitamin B3: 0.37mg (1.83%), Folate: 5.32µg (1.33%)