



Chocolate and Malt Pudding

READY IN



45 min.

SERVINGS



6

CALORIES



263 kcal

DESSERT

Ingredients

- ☐ 0.3 cup cornstarch
- ☐ 4 cups milk 1% low-fat
- ☐ 8 malted milk ball candies crushed (such as Whoppers)
- ☐ 0.7 cup liquid malt extract
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup semi chocolate chips
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla extract

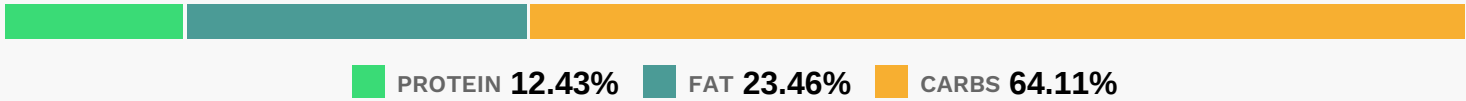
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Combine first 4 ingredients in a medium, heavy saucepan, stirring well with a whisk. Gradually add milk to sugar mixture, stirring constantly with a whisk until well blended.
- ☐ Place pan over medium heat, and bring to a boil. Cook for 1 minute or until thick, stirring constantly with a whisk.
- ☐ Remove from heat.
- ☐ Add chocolate chips, and stir until smooth. Stir in vanilla.
- ☐ Pour pudding into a bowl; cover surface of pudding with plastic wrap. Chill.
- ☐ Remove plastic wrap; spoon 2/3 cup pudding into each of 6 bowls.
- ☐ Sprinkle each serving with 2 teaspoons crushed malted milk balls.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:7.76, Inflammation Score:-4, Nutrition Score:9.2173912602922%

Nutrients (% of daily need)

Calories: 262.5kcal (13.12%), Fat: 6.81g (10.48%), Saturated Fat: 3.82g (23.89%), Carbohydrates: 41.89g (13.96%), Net Carbohydrates: 41.01g (14.91%), Sugar: 29.9g (33.22%), Cholesterol: 12.12mg (4.04%), Sodium: 173.27mg (7.53%), Alcohol: 0.23g (100%), Alcohol %: 0.14% (100%), Caffeine: 8.6mg (2.87%), Protein: 8.12g (16.25%), Calcium: 250.16mg (25.02%), Phosphorus: 243.51mg (24.35%), Vitamin B2: 0.37mg (21.64%), Vitamin B12: 1.1µg (18.33%), Magnesium: 50.93mg (12.73%), Potassium: 423.68mg (12.11%), Vitamin D: 1.73µg (11.54%), Vitamin B1: 0.17mg (11.32%), Selenium: 6.91µg (9.87%), Manganese: 0.18mg (8.96%), Copper: 0.16mg (8.08%), Vitamin B6: 0.16mg

(8.02%), Zinc: 1.1mg (7.32%), Vitamin A: 347.47IU (6.95%), Vitamin B5: 0.69mg (6.93%), Vitamin B3: 1.06mg (5.31%), Iron: 0.78mg (4.33%), Fiber: 0.88g (3.52%), Folate: 10.15µg (2.54%), Vitamin K: 1.7µg (1.62%)